Panasonic

CHAOS DEFROST INVERTER SLIMLINE COMBI

Microwave
Cookery Book
& Operating Instructions

NN-A554	NN-A524	NN-A574	NN-A514

Standard Conversion Chart

Weight

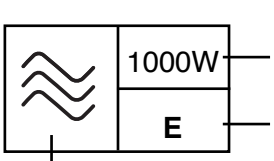
1/2oz	–	15g
1oz	–	25g
2oz	–	50g
3oz	–	75g
4oz	–	100g
5oz	–	150g
6oz	–	175g
7oz	–	200g
8oz	–	225g
9oz	–	250g
10oz	–	275g
11oz	–	300g
12oz	–	350g
13oz	–	375g
14oz	–	400g
15oz	–	425g
1lb/16oz	–	450g

Capacity

1/2tsp	–	3ml
1tsp	–	5ml
1tbsp	–	15ml
1/4pt	–	150ml
1/2pt	–	300ml
3/4pt	–	450ml
1pt	–	600ml
1 3/4pt	–	1 litre

When using recipes in this book always follow metric or imperial measurements. Do not combine the two. In some recipes the conversions are not a direct equivalent due to recipe result.

Important Notice



The IEC (60705) power output (watts)

The heating category for small packs of food

Microwave symbol

Your oven is rated 1000 Watts (IEC). When using other cookbooks remember to adjust cooking times accordingly. The symbol above, which is displayed on your oven door, indicates the heating category for your oven when cooking or reheating convenience foods. Your oven is rated 'E', which is very efficient. It is therefore very important that you refer carefully to the packet instructions on convenience foods. Some packet instructions only display information for B or D rated ovens. We therefore provide additional guidelines for reheating on pages 49-55 of this book. ALWAYS check the progress of the food as it cooks or reheats by simply opening the door and after checking the progress of the foods press START to continue the cooking time.

Failure to follow the instructions given in this Cookbook and Operating Instructions, may affect the recipe result and in some instances may be dangerous.

☎ **COOKERY ADVICE LINE** **01344 862108**

Customer Care Centre **08705 357357**

Selected Spares and Accessories:

Order direct on line at **www.panasonic.co.uk** or by telephoning the Customer Care Centre number above.

Welcome to Panasonic Microwave Cooking

Thank you for purchasing a Panasonic Microwave Oven.
Even if this is not your first microwave oven, do please read the opening chapters of this cookbook to achieve perfect results every time.

This microwave oven has the benefit of the Inverter System inside. The new unique technology has been in use with microwave ovens in Japan for many years, improving the cooking performance of the oven. It also means that you benefit from having more space inside your oven, without taking up more room on your work surface.

Microwaves leave most foods tastier and leave you with less washing up, but don't expect to become a perfect microwave cook overnight – some of the methods are very different to those used in conventional cooking.

We hope you enjoy using your new oven but should you require any further help or explanation, phone our
☎ COOKERY ADVICE LINE 01344 862108
or write to the address below.

The Microwave Test & Development Kitchen
Panasonic Consumer Electronics U.K.
Willoughby Road
Bracknell
Berks
RG12 8FP

or e-mail test.kitchen@panasonic.co.uk

When writing, be sure to state your model number and daytime telephone number.

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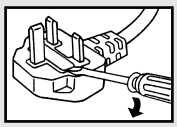
Important safety instructions

please read carefully and keep for future reference

This appliance is supplied with a moulded three pin mains plug for your safety and convenience. A 13 amp fuse is fitted in this plug. Should the fuse need to be replaced, please ensure that the replacement fuse has a rating of 13 amps and that it is approved by ASTA or BSI to BS1362. Check for the ASTA mark or the BSI mark on the body of the fuse.

If the fuse cover is detachable, never use the plug with the cover omitted. If a replacement fuse cover is required, ensure it is the same colour as that visible on the pin face of the plug. A replacement fuse cover can be purchased from your local Panasonic Dealer.



HOW TO REPLACE THE FUSE

Open the fuse compartment with a screwdriver and replace the fuse.

IF THE FITTED MOULDED PLUG IS UNSUITABLE FOR THE SOCKET OUTLET IN YOUR HOME THEN THE FUSE SHOULD BE REMOVED AND THE PLUG CUT OFF AND DISPOSED OF SAFELY AND AN APPROPRIATE ONE FITTED. THERE IS A DANGER OF SEVERE ELECTRICAL SHOCK IF THE CUT OFF PLUG IS INSERTED INTO ANY 13 AMP SOCKET.

If a new plug is to be fitted, please observe the wiring code as shown opposite. If in any doubt, please consult a qualified electrician (For U.K. Models only).

WARNING: THIS APPLIANCE MUST BE EARTHED.

IMPORTANT: The wires in this mains lead are coloured in accordance with the following code: Green-and-yellow: Earth, Blue: Neutral, Brown: Live.

As the colours of the wire in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

The wire which is coloured GREEN-AND-YELLOW must be connected to the terminal in the plug which is marked with the letter E or by the Earth symbol ⏚ or coloured GREEN or GREEN-AND-YELLOW.

The wire which is coloured BLUE must be connected to the terminal in the plug which is marked with the letter N or coloured BLACK.

The wire which is coloured BROWN must be connected to the terminal in the plug which is marked with the letter L or coloured RED.

When this oven is installed it should be easy to isolate the appliance from the electricity supply by pulling out the plug or operating a circuit breaker.

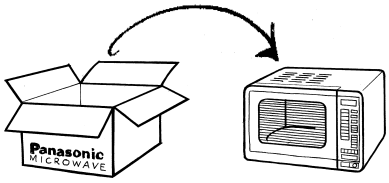
Voltage & Power
The voltage used must be the same as specified on this microwave oven. Using a higher voltage than that which is specified is dangerous and may result in a fire or other type of accident causing damage.

Do not immerse cord, plug or oven in water. Keep cord away from heated surfaces. Do not let cord hang over the edge of table or work top. Do not plug your oven in via an extension cable as this can be dangerous. It is important to plug the oven directly into a wall socket.

The back of the appliance heats up during use. Do not allow the cord to be in contact with the back of the appliance or cabinet surface.

Unpacking your oven

1. **Examine Your Oven**
   Unpack oven, remove all packing material, and examine the oven for any damage such as dents, broken door latches or cracks in the door. Notify dealer immediately if unit is damaged. Do NOT install if unit is damaged.



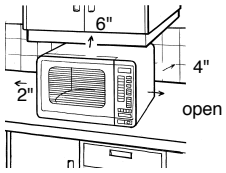
2. **Guarantee**
   Your receipt is your guarantee, please keep safely.

3. **Cord**
   If the supply cord of this appliance is damaged, it must be replaced by the manufacturer or it's service agent or a similarly qualified person in order to avoid a hazard.

N.B. The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

Placement of your oven

1. This oven is intended for counter-top use only. It is not intended for built-in use or for use inside a cupboard.

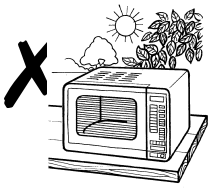


2. Oven must be placed on a flat, stable surface 850mm above floor level. For proper operation, the oven must have sufficient air flow, i.e. 5cm/2" at one side, the other being open; 15cm/6" clear over the top; 10cm/4" at the rear.

3. Do not place the microwave oven on a shelf directly above a gas or electric hob. This may be a safety hazard and the oven may be damaged.

4. Do not block air vents on the rear and bottom or top of the cabinet. Do not place any articles on the top of the oven over the vents. If air vents are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable with blank display until it has cooled.

5. Do not use outdoors.



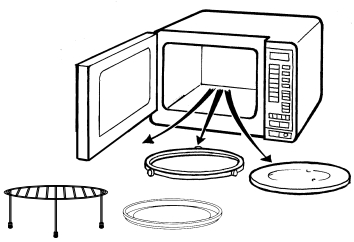
Caution: Hot surfaces

1. **Hot Surfaces**
   Exterior oven surfaces, including air vents on the cabinet and the oven door, will get hot during CONVECTION, COMBINATION and GRILLING. Use care when opening or closing door and when inserting or removing food and accessories. The oven has a heater situated in the top of the oven. After using the CONVECTION, COMBINATION and GRILL functions the roof and walls will be very hot.

2. Children should be kept away from the oven at all times and should only be allowed to operate the oven under supervision. Ensure that children do not touch the hot outer casing after operation of the oven.

Before using your oven

1. Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during CONVECTION, COMBINATION and GRILLING, take care when opening or closing the door and when inserting or removing food and accessories.
2. The oven has two heaters situated in the top of the oven. After using either the GRILL, CONVECTION or COMBINATION functions, the inside surfaces of the oven will be very hot. Care should be taken to avoid touching any of the inside surfaces near the heating elements inside the oven. N.B. After cooking by these modes, the oven accessories will be very hot.
3. In the case of electronic failure, the oven can only be turned off at wall socket.
4. Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use. Ensure that children do not touch the hot outer casing after operation of the oven.
5. **Storage of Accessories**
   Do not store any objects other than oven accessories inside the oven in case it is accidentally turned on.
6. **Before Use**
   Before using CONVECTION, COMBINATION or GRILL function for the first time operate the oven without food and accessories (including glass turntable and roller ring) on GRILL 1 for 5 mins. This will allow the oil that is used for rust protection to be burned off. This is the only time that the oven is operated empty.



CAUTION: All inside surfaces of the oven will be hot.
DO NOT OPERATE THE OVEN EMPTY. (Apart from in point 6 above).
The appliance must not be operated by MICROWAVE or COMBINATION WITHOUT FOOD IN THE OVEN. Operation when empty will damage the appliance.

Care & Cleaning of your Microwave Oven - **IMPORTANT**

It is essential for the safe operation of the oven that it is kept clean, and wiped out after each use. Failure to maintain the oven in a clean condition could lead to deterioration of a surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

1. **Switch the oven off** before cleaning and unplug at socket if possible.
2. **Keep the inside of the oven, door seals and door seal areas clean.** When food splatters or spilled liquids adhere to oven walls, door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasives is not recommended.
3. **After using CONVECTION, GRILL or COMBINATION cooking** the walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by CONVECTION, GRILL or COMBINATION. Stubborn spots inside the oven can be removed by using a small amount of branded conventional oven-cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. Avoid the microwave feed guide area and the door. DO NOT SPRAY DIRECTLY INSIDE THE OVEN.
4. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they may scratch the surface, which may result in shattering of the glass.
5. The **outside oven surface** should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
6. If the **control panel** becomes dirty, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on the Control Panel. When cleaning the Control Panel, leave the oven door open to prevent the oven from accidentally turning on. After cleaning touch STOP/CANCEL Pad to clear display window.
7. Keep **air vents** clear at all times. Check that no dust or other material is blocking any of the air vents on the top, bottom or rear of the oven. If air vents become blocked this could cause overheating which would affect the operation of the oven.
8. **If steam accumulates** inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or microwave leakage.
9. It is occasionally necessary to remove the **glass turntable** for cleaning. Wash the turntable in warm soapy water. Do not place in the dishwasher.
10. The **roller ring and oven cavity floor** should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven, particularly the turntable spindle and the area surrounding this, with mild detergent and hot water then dry with a clean cloth. The roller ring may be washed in mild soapy water. Cooking vapours collect during repeated use but in no way affect the bottom surface or the roller ring wheels.
    After removing the roller ring from cavity floor for cleaning, be sure to replace it in the proper position.
11. **When GRILLING or cooking by COMBINATION or CONVECTION** some foods may splatter grease onto the oven walls. If the oven is not cleaned to eliminate this grease, it can accumulate and cause the oven to ‘SMOKE’ during use. These marks will be more difficult to clean later.
11. A steam cleaner is not to be used for cleaning.

Maintenance of your oven

1. **Service**
   WHEN YOUR OVEN REQUIRES A SERVICE call your local Panasonic engineer (Customer Care Centre on 08705 357357 can recommend an engineer). It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.

2. **Door Seals**
   Do not attempt to tamper with or make any adjustments or repairs to door, control panel housing, safety interlock switches or any other part of the oven. Do not remove outer panel from oven.
   The door seals and door seal areas should always be kept clean – use a damp cloth.

   N.B. The appliance should be inspected for damage to the door seals and door seal areas. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

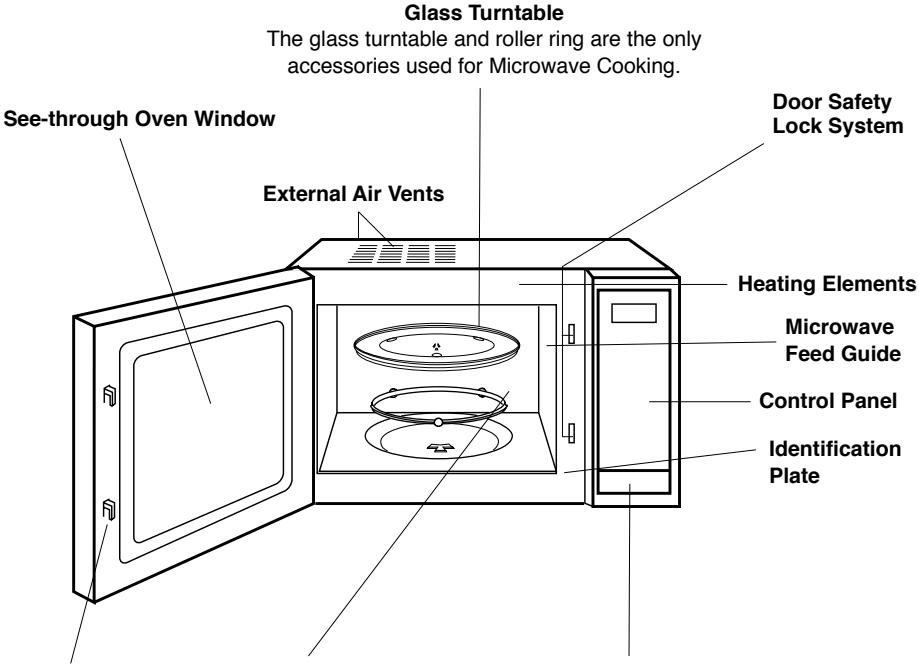
3. **Oven Light**
   The oven lamp must be replaced by a service technician trained by the manufacturer. DO NOT attempt to remove the outer casing from the oven.

4. **Selected Spares and Accessories**
   These may be ordered direct; on line at www.panasonic.co.uk or by telephoning the Customer Care Centre 08705 357357. Most major credit and debit cards accepted. Ensure you quote the correct model number.

Parts of Your Oven

1. Do not operate the oven without the Roller Ring and Glass Turntable in place.
2. Only use the Glass Turntable specifically designed for this oven. Do not substitute with any other Glass Turntable.
3. If Glass Turntable is hot, allow to cool before cleaning or placing in water.
4. Do not cook directly on Glass Turntable. Always place food in a microwave safe dish. The only exception to this is when cooking Jacket Potatoes on microwave only.
5. If food or utensil on Glass Turntable touches oven walls, causing the turntable to stop moving, it will automatically rotate in the opposite direction. This is normal. Open oven door, reposition the food and restart.
6. The Glass Turntable can rotate in either direction. The maximum weight that can be placed on the turntable is 4kg (8lb 14oz) (this includes total weight of food and dish.)
7. While cooking by MICROWAVE or COMBINATION, turntable may vibrate. This will not affect cooking performance.
8. The metal accessories provided must ONLY be used as directed for GRILLING, CONVECTION and COMBINATION cooking. Never use them on MICROWAVE only. Do not use if operating the oven with less than 200g (7oz) of food on a manual COMBINATION program. FAILURE TO USE ACCESSORIES CORRECTLY COULD DAMAGE YOUR OVEN.
9. Arcing may occur if the incorrect weight of food is used, a metal container has been used incorrectly, or the accessories have been damaged. If this occurs, stop the machine immediately. You can continue to cook by GRILL OR CONVECTION ONLY.
10. Always refer to instructions for correct accessories to use on all programs. The glass turntable and roller ring are the only accessories used for MICROWAVE Cooking. For CONVECTION and COMBINATION cooking the metal tray must ALWAYS be in place on the glass turntable.

Parts of Your Oven


Glass Turntable
The glass turntable and roller ring are the only accessories used for Microwave Cooking.
See-through Oven Window
Door Safety Lock System
External Air Vents
Heating Elements
Microwave Feed Guide
Control Panel
Identification Plate
Door Safety Lock System
Roller Ring
1. The Roller Ring and oven floor should be cleaned frequently to prevent excessive noise.
2. The Roller Ring must always be used together with the Glass Turntable for cooking.
Door Release Pad
Push to open the door. Opening the door during cooking will stop the cooking process without cancelling the program. Cooking resumes as soon as the door is closed and Start is pressed. The oven light will turn on and stay on whenever the door is opened.

Wire Rack

Metal Tray

Important Information – Read Carefully

Safety

If smoke or a fire occurs in the oven, press Stop/Cancel pad and leave the door closed in order to stifle any flames.

Disconnect the power cord, or shut off power at the fuse or the circuit breaker panel.

Short Cooking Times

As microwave cooking times are much shorter than other cooking methods it is essential that recommended cooking times are not exceeded without first checking the food.

Cooking times given in the cookbook are approximate. Factors that may affect cooking times are: preferred degree of cooking, starting temperature, altitude, volume, size and shape of foods and utensils used. As you become familiar with the oven, you will be able to adjust these factors.

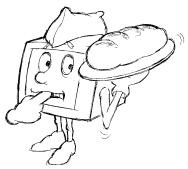
It is better to undercook rather than overcook foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times.

Important.
If the recommended cooking times are exceeded the food will be spoiled and in extreme circumstances could catch fire and possibly damage the interior of the oven.

1. **Small Quantities of Food.**
   Take care when heating small quantities of food as these can easily burn, dry out or catch fire if cooked too long. Always set short cooking times and check the food frequently.

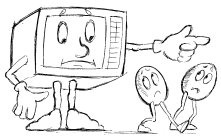
   NEVER OPERATE THE OVEN WITHOUT FOOD INSIDE ON MICROWAVE OR COMBINATION.

2. **Foods Low in Moisture.**
   Take care when heating foods low in moisture, e.g. bread items, chocolate, popcorn, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long.



3. **Christmas Pudding.**
   Christmas puddings and other foods high in fats or sugar, e.g. jam, mince pies, must not be over heated. These foods must never be left unattended as with over cooking these foods can ignite.

4. **Boiled Eggs.**
   Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode even after microwave heating has ended.



5. **Foods with Skins.**
   Potatoes, apples, egg yolk, whole vegetables and sausages are examples of food with non porous skins. These must be pierced using a fork before cooking to prevent bursting.

Important Information – Read Carefully

6. **Liquids.**
   Liquids and other foods must not be heated in sealed containers since they are liable to explode. When heating liquids, eg soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:

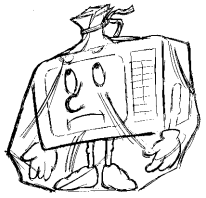
   a) Avoid using straight-sided containers with narrow necks.
   b) Do not overheat.
   c) Stir the liquid before placing the container in the oven and again halfway through the heating time.
   d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
   e) Microwave heating of beverages can result in delayed eruptive boiling, therefore care should be taken when handling the container.

7. **Lids.**
   Always remove the lids of jars and containers and takeaway food containers before you microwave them. If you don't then steam and pressure might build up inside and cause an explosion even after the microwave cooking has stopped.

8. **Deep Fat Frying.**
   Do not attempt to deep fat fry in your oven.

9. **Meat Thermometer.**
   Use a meat thermometer to check the degree of cooking of roasts and poultry only when meat has been removed from the microwave. If undercooked, return to the oven and cook for a few more minutes at the recommended power level. Do not leave a conventional meat thermometer in the oven when microwaving.

10. **Paper, Plastic.**
    When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition. Do not use wire twist-ties with roasting bags as arcing will occur.



    Do not use re-cycled paper products, e.g. Kitchen roll unless they say they are specifically designed for use in a microwave oven. These products contain impurities which may cause sparks and/or fires when used.

11. **Reheating.**
    It is essential that reheated food is served "piping hot".

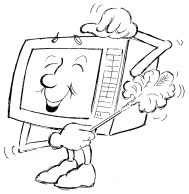
    Remove the food from the oven and check that it is "piping hot", i.e. steam is being emitted from all parts and any sauce is bubbling. (If you wish you may choose to check the food has reached 72˚C with a food thermometer – but remember do not use this thermometer inside the microwave.)

    For foods that cannot be stirred, e.g. lasagne, shepherds pie, the centre should be cut with a knife to test it is well heated through. Even if a manufacturer's packet instructions have been followed always check the food is piping hot before serving and if in doubt return your food to the oven for further heating.

Important Information – Read Carefully

12. **Standing Time.**
Standing time refers to the period at the end of cooking or reheating when food is left before being eaten, i.e. it is a rest time which allows the heat in the food to continue to conduct to the centre, thus eliminating cold spots.

13. **Keeping Your Oven Clean.**
It is essential for the safe operation of the oven that it is wiped out regularly. Use warm soapy water, squeeze the cloth out well and use to remove any grease or food from the interior. Pay particular attention to the door seal area and also the areas around the microwave feed guide situated on the right hand side of the cavity wall. The oven should be unplugged when cleaning.

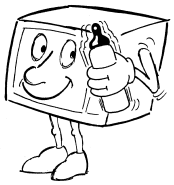


14. **Grilling.**
The oven will only operate on the GRILL function with the door closed.

15. **Fan Motor Operation.**
After using the microwave oven, the fan motor may operate to cool the electric components. This is normal and you can take out food even though the fan motor operates. You can continue using the oven during this time.

16. **Containers.**
Before use check that utensils/containers are suitable for use in microwave ovens.

17. **Babies Bottles and Food Jars.**
When reheating babies bottles always remove top and teat. Liquid at the top of the bottle will be much hotter than that at the bottom and must be shaken thoroughly before checking the temperature. The lid must also be removed from babies food jars, the contents must also be stirred or shaken before the temperature is checked. This should be carried out before consumption in order to avoid burns.



18. **Arcing**
Arcing may occur if a metal container has been used incorrectly, if the incorrect weight of food is used, or if the accessories have been damaged. Arcing is when blue flashes of light are seen in the microwave oven. If this occurs, stop the machine immediately. If the oven is left unattended and this continues it can damage the machine.

You can continue to cook by GRILL OR CONVECTION ONLY.

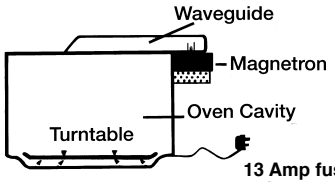
19. **Maximum weight on turntable**
The maximum weight that can be placed on the turntable is 4kg (8lb 14oz) (this includes total weight of food and dish.)

Microwaving Principles

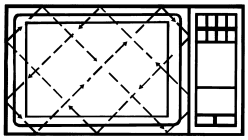
Microwave energy has been used in this country to cook and reheat food since early experiments with RADAR in World War II. Microwaves are present in the atmosphere all the time, both naturally and from manmade sources.

Manmade sources include radar, radio, television, telecommunication links and car phones.

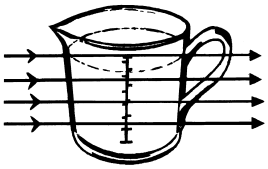
HOW MICROWAVES COOK FOOD



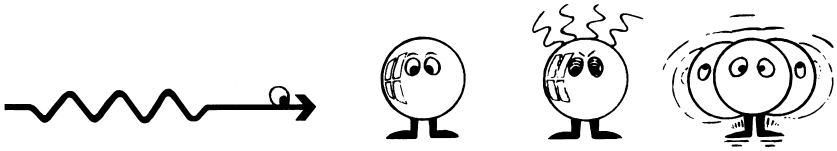
In a microwave oven, electricity is converted into microwaves by the MAGNETRON.



REFLECTION
The microwaves bounce off the metal walls and the metal door screen.



TRANSMISSION
Then they pass through the cooking containers to be absorbed by the water molecules in the food, all foods contain water to a more or lesser extent.



The microwaves cause the water molecules to vibrate which causes FRICTION, i.e. HEAT. This heat then cooks the food. Microwaves are also attracted to fat and sugar particles, and foods high in these will cook more quickly. Microwaves can only penetrate to a depth of 1½-2 inches (4-5 cm) and as heat spreads through the food by conduction, just as in a traditional oven, the food cooks from the outside inwards.

IMPORTANT NOTES

The dish used to cook or reheat the food will get warm during cooking, as the heat conducts from the food. Even in microwaving, oven gloves are required!

MICROWAVES CANNOT PASS THROUGH METAL AND THEREFORE METAL COOKING UTENSILS CAN NEVER BE USED IN A MICROWAVE, FOR COOKING ON MICROWAVE ONLY

Foods Not Suitable for Cooking by Microwave Only

Yorkshire Puddings, Souffles, Double Crust Pastry Pies.

Because these foods rely on dry external heat to cook correctly, do not attempt to cook by microwave.

Foods that require deep fat frying cannot be cooked either.

Boiled Eggs
Do not boil eggs in your microwave. Raw eggs boiled in their shells can explode and cause serious injury.

STANDING TIME

When a microwave oven is switched off, the food will continue to cook by conduction – NOT BY MICROWAVE ENERGY. Hence STANDING TIME is very important in microwaving, particularly for dense foods i.e. meat, cakes and reheated meals (Refer to page 14).

General Guidelines

STANDING TIME

Dense foods e.g. meat, jacket potatoes and cakes, require a STANDING TIME (inside or outside of the oven) after cooking, to allow heat to finish conducting to cook the centre completely.

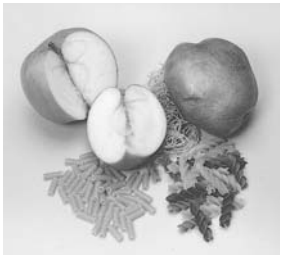
- MEAT JOINTS – Stand 15 mins. wrapped in aluminium foil.
- JACKET POTATOES – Stand 5 mins. wrapped in aluminium foil.
- FISH – Stand 2-5 mins.
- EGG DISHES – Stand 2-3 mins.
- PRECOOKED CONVENIENCE FOODS – Stand for 5 mins.
- PLATED MEALS – Stand for 2-5 mins.
- VEGETABLES – Boiled potatoes benefit from standing for 1-2 mins., however most other types of vegetables can be served immediately.
- DEFROSTING – It is essential to allow standing time to complete the process. This can vary from 5 mins. e.g. raspberries, to up to 1 hour for a joint of meat.

  If food is not cooked after STANDING TIME, return to oven and cook for additional time.

General Guidelines

PIERCING

The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc., will all need to be pierced before cooking. DO NOT ATTEMPT TO BOIL EGGS IN THEIR SHELLS.



MOISTURE CONTENT

Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season. Jacket potatoes are a particular example of this. For this reason cooking times may have to be adjusted throughout the year. Dry ingredients e.g. rice, pasta, can dry out further during storage and cooking times may differ from ingredients freshly purchased.

CLING FILM

Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. However it should be pierced before cooking, to allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot. Always purchase cling film that states on the packet “suitable for microwave cooking” and use as a covering only. Do not line dishes with cling film. Do not cover foods when cooking by COMBINATION, CONVECTION or GRILL.

DISH SIZE

Follow the dish sizes given in the recipes, as these affect the cooking and reheating times. A quantity of food spread in a bigger dish cooks and reheats more quickly.

QUANTITY

Small quantities cook faster than large quantities, also small meals will reheat more quickly than large portions.

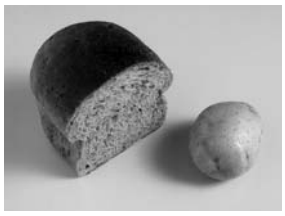
SPACING

Foods cook more quickly and evenly if spaced apart. NEVER pile foods on top of each other.

General Guidelines

SHAPE

Even shapes cook evenly. Food cooks better by microwave when in a round container rather than square.



DENSITY

Porous airy foods heat more quickly than dense heavy foods.

COVERING

Cover foods with microwave cling film or a self-fitting lid. Cover fish, vegetables, casseroles, soups. Do not cover sauces, jacket potatoes, pastry items. Please refer to cooking charts and recipes for more information.

ARRANGING

Individual foods e.g. chicken portions or chops, should be placed on a dish so that the thicker parts are to the outside.

STARTING TEMPERATURE

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature.

TURNING AND STIRRING

Some foods require stirring during cooking. Meat and poultry should be turned after half the cooking time.

LIQUIDS

All liquids must be stirred **before** and **during** heating. Water especially must be stirred before and during heating, to avoid eruption. Do not heat liquids that have previously been boiled. DO NOT OVERHEAT.

CHECKING FOOD

It is essential that food is checked during and after a recommended cooking time, even if an AUTO PROGRAM has been used (just as you would check food cooked in a conventional oven). Return the food to the oven for further cooking if necessary.

CLEANING

As microwaves work on food particles, keep your oven clean at all times. Stubborn spots of food can be removed by using a branded oven cleaner, sprayed onto a soft cloth, always wipe the oven dry after cleaning. Avoid any plastic parts and door area.

Containers to use

Choosing the correct container is a very important factor in deciding the success or failure of your cooking.

Testing Dishes for Suitability - For Microwave Cooking Only.

When unsure that a cooking container is suitable for use in your microwave, check by the following test:

1. Fill a microwave safe measuring jug with 300ml (½pt) cold water.
2. Place it on the turntable alongside the dish to be tested. If the dish you are testing is a large dish, then stand the measuring jug on top of the empty dish.
3. Heat on HIGH power for 1 minute.

Result

If the dish is suitable for microwaving, it will remain cool, whilst the water in the jug will begin to feel warm. If the testing dish feels warm, do not use as it is obviously absorbing microwave energy.

N.B. This test does not apply to plastic or metal based containers e.g. Le Creuset® style dishes, which should not be used as they are cast iron covered with enamel.

QUICK CHECK GUIDE TO COOKING UTENSILS

OVEN GLASS

Everyday glass that is heat resistant e.g. Pyrex®, is ideal for Microwave, Convection or Combination cooking. DO NOT USE FOR GRILLING. Do not use delicate glass or lead crystal which may crack or arc.

CHINA AND CERAMIC

Everyday glazed china, porcelain or ceramic plates, bowls, mugs and cups can be used if they are heat resistant. Fine bone china should only be used for reheating for short periods. Do not use dishes with a metal rim or pattern. Do not use jugs or mugs with glued handles, since the glue can melt. If dishes are heat resistant they may be used on Convection and Combination but not directly under the Grill.

POTTERY, EARTHENWARE, STONEWARE

If completely glazed, these dishes are suitable. Do not use if partially glazed or unglazed, since they are able to absorb water which in turn absorbs microwave energy, making the container very hot and slows down the cooking of food.

FOIL/METAL CONTAINERS

NEVER ATTEMPT TO COOK IN FOIL OR METAL containers on Microwave only as the microwaves cannot pass through and the food will not heat evenly, it may also damage your oven. You can only reheat in shallow foil containers for short periods of time if the food completely covers the base of the container. Also take care that the containers do not touch the oven walls or door. Foil and metal containers can be used on Grill and Convection modes and may be used with care during certain Combination cooking, as long as they are not damaged or dented.

CLING FILM

Microwave cling film can only be used for covering food that is reheated by microwave. It is also useful for covering food to be cooked, but care should be taken to avoid the film being in direct contact with the food. DO NOT USE ON ANY OTHER COOKING MODE.

ROASTING BAGS

Roasting bags are useful when slit up one side to tent a joint, for roasting by power and time. Do not use the metal twists supplied, when using Microwave or Combination.

ALUMINIUM FOIL

Small amounts of smooth aluminium foil can be used to SHIELD joints of meat during defrosting and cooking by Microwave, as the microwaves cannot pass through the foil, this prevents the parts shielded from overcooking or overdefrosting. Take care that the foil does not touch the sides or roof of the oven, as this may cause arcing and damage your oven. Aluminium foil can be used for Convection cooking.

PLASTIC

Many plastic containers are designed for microwave use, but do not use for cooking foods high in sugar or fat or for foods that require long cooking times e.g. brown rice.

Only use Tupperware® containers if they are designed for microwave use. Do not use Melamine. Never cook in margarine cartons or yoghurt pots, as these will melt with the heat from the food. If heatproof they can be used for Convection or Combination cooking. DO NOT USE UNDER THE GRILL.

PAPER

Plain white absorbent kitchen paper (kitchen towel) can only be used for microwave cooking e.g. covering blind pastry cases and for covering bacon to prevent splattering. ONLY USE FOR SHORT COOKING TIMES. NEVER RE-USE A PIECE OF KITCHEN TOWEL. ALWAYS USE A FRESH PIECE OF PAPER FOR EACH DISH.

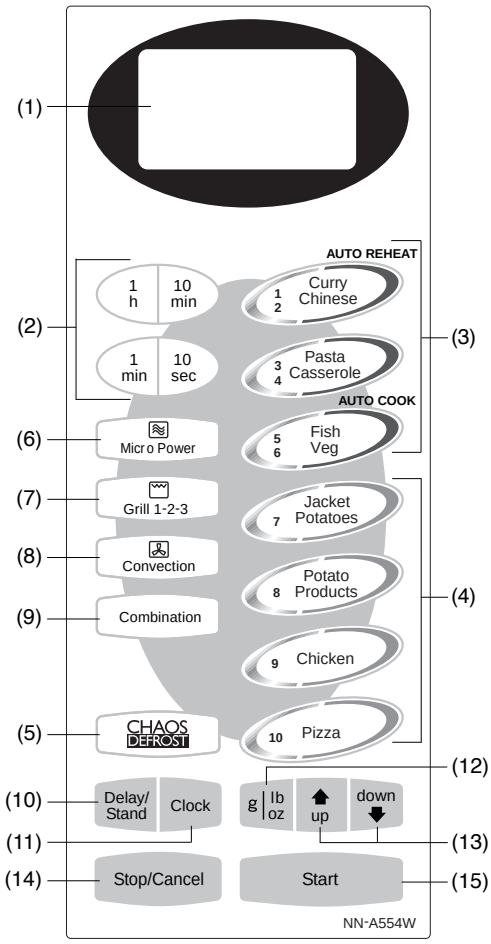
Avoid kitchen paper containing manmade fibres. If you are using branded re-cycled kitchen towel, check first that it is recommended for microwave use. Do not use waxed or plastic coated cups or plates as the finish may melt. Greaseproof paper can be used to line the base of dishes and to cover fatty foods e.g. bacon rashers, to stop splattering. White paper plates can be used for SHORT REHEATING TIMES, on Microwave only.

WICKER, WOOD, STRAW BASKETS

Dishes will crack and could ignite.
Do not use wooden dishes in your microwave.
DO NOT USE ON ANY COOKING MODE.

Control Panel

NN-A554/NN-A524/NN-A574/NN-A514*



* The design of your control panel may vary from the panel displayed (depending on colour), but the words on the pads will be the same.

(1) **Display Window**

(2) **Time Pads**

(3) **Auto Weight Microwave Programs**

(4) **Auto Weight Combination Programs**

(5) **Auto Weight Defrost Programs (Chaos Defrost)**

(6) **Microwave Power Pad**

(7) **Grill Pad**

(8) **Convection Pad**

(9) **Combination Pad**

(10) **Delay/Stand Pad:**
This can be used to delay a cooking program for up to 9 hrs 99 mins., or used to time or for standing (non-cooking) time.

(11) **Clock Pad:**
Refer to page 22 for setting the clock.

(12) **lb/oz Conversion Pad**

(13) **Weight Selection Pads**

(14) **Stop/Cancel Pad:**

Before Cooking:
one press clears your instructions.

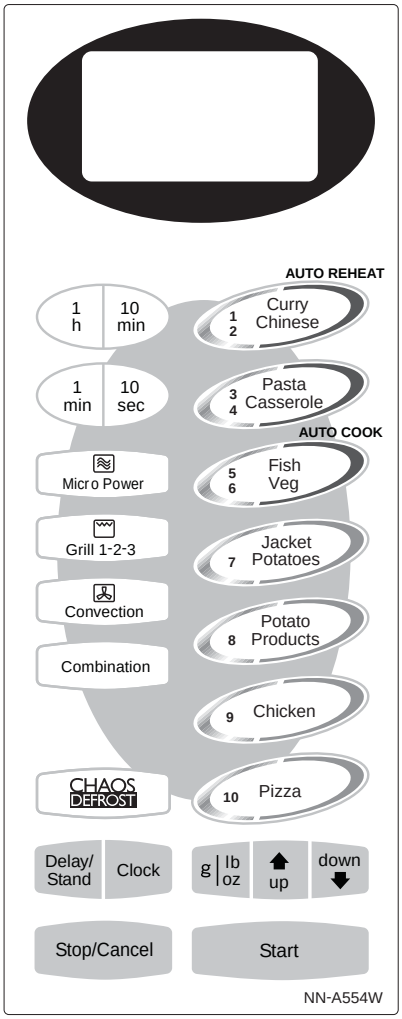
During Cooking:
one press temporarily stops the cooking program. Another press cancels all your instructions and the time of day will appear in the display.

(15) **Start Pad:**
Press to start operating the oven. If during cooking the door is opened or Stop/Cancel Pad is pressed once, Start Pad has to be pressed again to continue cooking.

Beep Sound:
A beep sounds when a pad is pressed. If this beep does not sound, the setting is incorrect. When the oven changes from one function to another, two beeps sound. After completion of cooking, five beeps sound.

Let's Start to Use your Oven

NN-A554/NN-A524/ NN-A574/NN-A514*



* The design of your control panel may vary from the panel displayed (depending on colour), but the words on the pads will be the same.

1 Plug in

Plug into a 13 amp fused electrical socket. You will be reminded to read your operating instructions.

2 Press Clock Pad

Set clock as a 12hr clock. Set time using time pads. Press clock pad again. (See page 22 for details).

3 Press Grill Pad (will appear in the display window with the grill setting)

(This procedure is to burn off the oil used for rust protection in the oven.) Press once for Grill 1 (High). Remove all accessories from the oven.

4 Press Time Pad

Press 1 min pad until 5 minutes is displayed in the window.

5 Press Start Pad

The time will be displayed in the window and count down. The oven will beep at the end of the program. The oven is now ready to use. Caution: Heating elements and oven will be hot.

6 Demonstration Mode

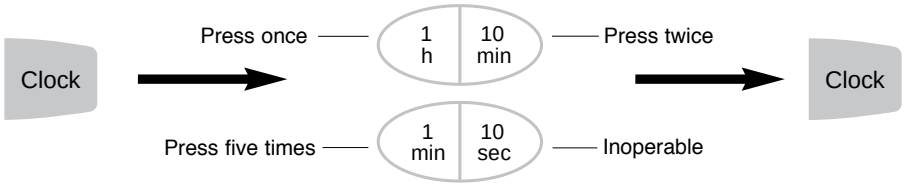
This is to enable you to experiment setting various programs. (The letter D will always appear in the display window. This is to confirm that there is no microwave power produced and it is safe to use the oven without any food). To select this mode press the clock pad three times. "Demo mode press any key" will appear. To cancel press the clock pad a further three times.

7 Child Lock

To operate the child lock facility press the Start pad three times, this will deactivate the microwave. "Lock" will appear in the display and none of the controls will operate. To clear child lock facility press Stop/Cancel three times.

Setting the Clock

Example of how to set 1.25pm.



• Press Clock Pad	• Press Time Pads	• Press Clock Pad
"SET TIME" will appear in the display window, and the colon starts to blink.	Enter time of day by pressing Time Pads e.g. 1.25pm (12hr clock).	Colon stops blinking. Time of day is now locked into the display.

N.B.
1. To reset time of day, repeat step 1 through to step 3.
2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
3. **This is a 12 hour clock.**

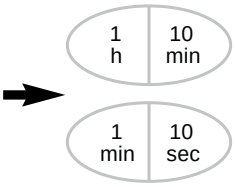
Microwave Cooking and Defrosting

There are 6 different microwave power levels available.

Selecting Microwave Power Level

● Press this pad until the power you require appears in the display window. The microwave symbol will also appear.

Press	Power Level	Wattage
once	High	1000 W
twice	Defrost	270 W
3 times	Medium	600 W
4 times	Low	440 W
5 times	Simmer	250 W
6 times	Warm	100 W



● Select Cooking Time

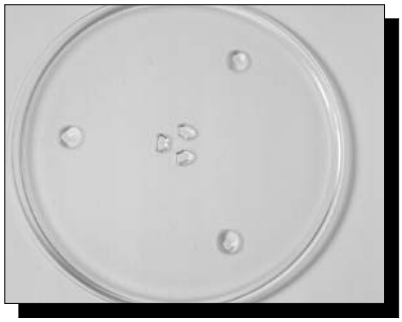
● Press Start.

CAUTION: The oven will automatically work on HIGH microwave power if a cooking time is entered without the power level previously being selected.

N.B.
1. Maximum time that can be set on HIGH power is 30 min.
2. On all Power Levels, except HIGH power, the maximum time that can be set is 99 minutes, 90 seconds. The 1h pad is inoperable.

Microwave Cooking and Defrosting

ACCESSORY TO USE:



When using your oven on MICROWAVE only, the glass turntable provided must always be in position. DO NOT attempt to use microwave only with any metal accessory in the oven.

DO NOT place food directly onto the turntable except in the case of Jacket Potatoes cooked by MICROWAVE only.

Foods reheated or cooked by MICROWAVE only are normally covered with a lid or cling film, unless otherwise stated.

Two Stage Cooking:
e.g. High power 10 minutes followed by Simmer power 20 minutes; Select High power and program 10 minutes then select second power (Simmer) with second cooking time (20 minutes) then press Start.

Three Stage Cooking:
e.g. High power 5 minutes, Delay 5 minutes, High power 2 minutes; Select first Power level and cooking time, then press DELAY and time, then select final power level and final cooking time. Then press Start.

Auto Weight Defrost - Chaos Defrost

With this feature you can defrost frozen foods according to the weight. Select the category and set the weight of the food. The weight can be programmed in pounds and ounces or grams. The weight starts from the minimum weight for each category.

- Select the desired program by pressing pad once, twice or three times. The microwave ≋ and defrost ⁂ symbols will also appear.
- Press to select g or lb and oz.
- Enter the weight by pressing the Up & Down pads. The “up” pad will start with the minimum weight for each food.
- Press Start.

Program	Weight Range	Suitable Foods
1 Bread	100 - 900g (4oz - 2lb)	Bread and rolls. Turn at beep.
2 Meat Items	200 - 1200g (7oz - 2lb 10oz)	Small pieces of meat, minced meat, chicken portions, steaks, chops. Turn at beeps.
3 Meat Joints	400 - 2500g (14oz - 5lb 8oz)	Whole chicken, meat joints. Turn at beeps and shield.

Auto Weight Defrost Programs

This feature allows you to defrost minced meat, chops, chicken portions, meat joints and bread.

The CHAOS defrost pad should be pressed to select the correct category and then enter in the weight of the food in grams or pounds and ounces using the appropriate pads (See page 23).

Foods should be placed in a suitable dish, whole chickens and joints of meat should be on an upturned saucer or on a rack. Chops, chicken portions and slices of bread should be placed in a single layer. It is not necessary to cover the foods.

The CHAOS Theory principle is used in Auto Weight defrost programs to give you a quick and more even defrost.

The CHAOS system uses a random sequence of pulsing microwave energy which speeds up the defrosting process.

During the program the oven will beep to remind you to check the food.
IT IS ESSENTIAL THAT YOU TURN AND STIR THE FOOD FREQUENTLY AND SHIELD IF NECESSARY (See below and page 25).

On hearing the first beep you should TURN and SHIELD (if possible). On the second beep you should turn the food or break it up.

1st Beep

Turn

or

1st Beep

Shield

2nd Beep

Turn or break up

Auto Weight Defrost Programs

CATEGORY 1 BREAD

The Bread Program is suitable for defrosting small items e.g. rolls, buns and slices of bread which are required for immediate use. Small items may feel warm immediately after defrosting. Loaves can also be defrosted on this program but these will require standing time to allow the centre to thaw out. Standing time can be shortened if slices are separated and buns and loaves cut in half. Items should be turned halfway during defrosting. THIS PROGRAM IS NOT SUITABLE FOR CREAM CAKES OR DESSERTS e.g. cheesecake.

CATEGORY 2 MEAT ITEMS (MINCE/CHOPS/CHICKEN PORTIONS)

It is necessary for mince to be broken up frequently during defrosting and this is best carried out in a large shallow dish. Chops and chicken portions should be arranged in a single layer and turned frequently.

CATEGORY 3 MEAT JOINTS/WHOLE CHICKENS

Meat joints and chickens will require shielding during defrosting especially if they are particularly fatty pieces. This is to prevent over defrosting on the outside edges. Smooth foil secured with cocktail sticks should be used. DO NOT ALLOW THE FOIL TO TOUCH THE WALLS OF THE OVEN. Back fat of joints, legs, wings and breast bones need shielding (see photograph on page 24). Standing time of at least 1 hour should be allowed (rolled joints may require longer) before cooking to ensure the centre is fully defrosted.

Defrosting Guidelines

TIPS

1 *Check foods during defrosting. Foods vary in their defrosting speed.*

2 *It is not necessary to cover the food.*

3 *Always turn or stir the food especially when the oven "beeps". Shield if necessary (see point 5).*

4 *Minced meat/chops/chicken portions should be broken up or separated as soon as possible and placed in a single layer.*

5 *Shielding prevents food cooking. It is essential when defrosting chickens and joints of meat. The outside thaws out first, so protect wings/breast/fat with smooth pieces of aluminium foil secured with cocktail sticks.*

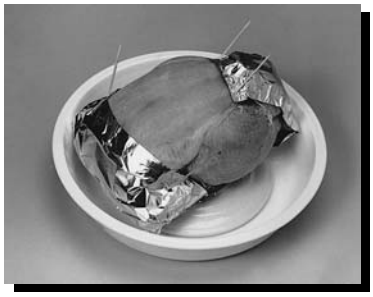
6 *Allow standing time so that the centre of the food thaws out.*
(minimum 1 hour for joints of meat and whole chickens)

Defrosting Using Defrost Power & Time

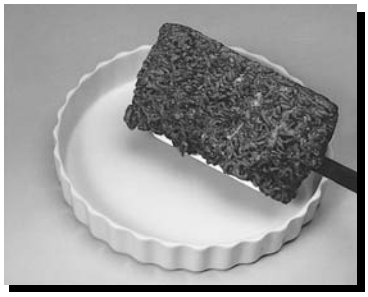
By selecting the DEFROST power level from the microwave power pad, and setting a time, you can defrost food in your microwave. The biggest challenge is getting the inside defrosted before the outside starts to cook.

For this reason a defrost program alternates between a defrost power and a standing time. The name for this type of defrost is cyclic and during the standing stages there is not any microwave power in the oven, although the light will remain on and the turntable will turn. The automatic stand times ensure a more even defrost but it is still necessary to allow for standing time before use. Place foods in a suitable container. Meat joints and chickens should be placed on an upturned saucer or on a plastic rack if you have one.

Separate chops and small items e.g. bread slices where possible.



Chickens and joints of meat will require shielding during defrosting.



Turn dense foods and meat 2/3 times during defrosting.

Break up small items e.g. minced meat, frequently during defrosting.

Defrosting Foods Using Defrost Power & Time

The times given below are a guideline only. Always check the progress of the food by opening the oven door and then re-starting. For larger quantities adjust times accordingly. Food should not be covered during defrosting.

Meat	Defrosting Time	Method	Standing Time
Beef/Lamb/ Pork Joint	14-16 mins. 450g (1lb)	Place in a suitable dish or on an upturned saucer or use a rack. Turn 3-4 times. Shield.	60 mins.
Minced Beef	12 mins. 450g (1lb)	Place in a suitable dish. Break up and turn 3-4 times.	15 mins.
Chops	10 mins. 450g (1lb)	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15 mins.
Sausages	12 mins. 450g (1lb)	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	15 mins.
Bacon	6-7 mins. 450g (1lb)	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	10 mins.
Stewing Steak	12 mins. 450g (1lb)	Place in a suitable dish. Break up frequently.	15 mins.
Chicken	13 mins. 450g (1lb)	Place in a suitable dish on an upturned saucer or use a rack. Turn 3-4 times. Shield.	60 mins.
Chicken Portions	10-12 mins. 450g (1lb)	Place in a suitable dish in a single layer. Turn twice. Shield if necessary.	30 mins.

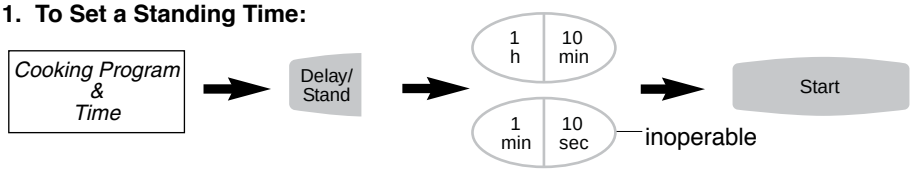
Defrosting Foods Using Defrost Power & Time

Fish			
Whole	9-10 mins. 450g (1lb)	Place in a suitable dish. Turn twice. Shield.	15 mins.
Fillets/Steak	7-8 mins. 450g (1lb)	Place in a suitable dish. Turn twice, separate if necessary.	15 mins.
Prawns	6-7 mins. 450g (1lb)	Place in a suitable dish. Stir twice during defrosting.	10 mins.
General			
Bread Sliced	5 mins. 400g (14oz)	Place on the turntable. Separate and rearrange during defrosting.	10 mins.
Slice of bread	30 sec. 30g (1oz)	Place on the turntable on a piece of kitchen paper.	1-2 mins.
Pastry	5½ mins. 450g (1lb)	Place on a plate. Turn over half way.	10-15 mins.
Soft Fruit	6-7 mins. 450g (1lb)	Place in a suitable dish. Stir twice during defrosting.	10 mins.

Using the Delay/Stand Feature

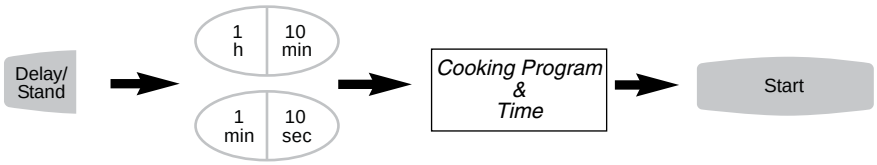
The Delay/Stand Pad is used as a timing pad either before, during or after a cooking program. When the Delay/Stand Pad is selected with a time, there is no microwave power in the oven during this time.

1. To Set a Standing Time:



- Set the desired Cooking Program, by selecting cooking option and time required.
- Then Press the Stand Pad.
- Set desired standing time (max 9hrs 99mins) (10 sec. pad is inoperable). An "*H*" will appear in the display to denote hours.
- Press Start Pad. Cooking program will commence after which the standing time will count down.

2. To Set a Delay Start:



- Press the Delay Pad
- Set Delay time (max 9hrs 99mins) (10 sec. pad is inoperable). An "*H*" will appear in the display to denote hours.
- Set the complete cooking program, by entering cooking option and time required.
- Press Start Pad. Delayed time will count down then the cooking program will start.

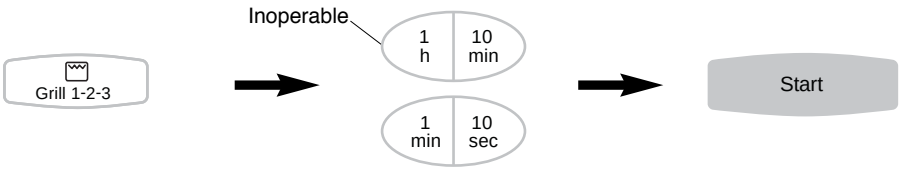
NB

1. If the oven door is opened during the stand or delay time, the time in the display window will continue to count down.
2. Delay Start cannot be used before an Auto Program.

Grilling

The Quartz Grill system on the oven gives fast efficient cooking for a wide variety of foods e.g. chops, sausages, steak, toast, oven chips etc.

DO NOT PREHEAT THE GRILL BEFORE USE.
The metal tray must be on the glass turntable when using.



- **Select Grill power.** Press once for Grill 1 (High), twice for Grill 2 (Medium) or three times for Grill 3 (Low). The grill symbol will also appear.
- **Press Time pads** to enter cooking time. Maximum time is 99 mins., 90 secs. 1 h pad is inoperable.
- **Press Start.** The cooking program will start and the time in the display will count down.

NOTE: The Grill will only operate with the oven door closed, and there is no microwave power on the GRILL only program.

GRILLING TIMES

When using the grill to cook foods, the cooking times will be similar to traditional grilling. Most foods will require turning halfway through the cooking time (see section on oven accessories page 31).

The Grill has three variable settings, Grill 1 (High), Grill 2 (Medium) and Grill 3 (Low). Grill 1 will be the hottest.

CAUTIONS:

The oven will automatically work on HIGH microwave power if a cooking time is entered without the Grill level previously being selected.

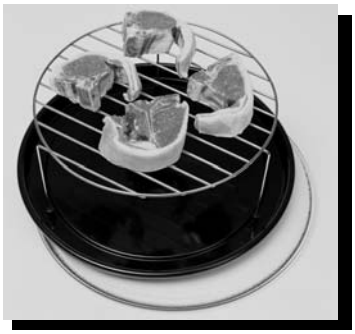
THE ACCESSORIES AND SURROUNDING OVEN WILL GET VERY HOT. USE OVEN GLOVES.

Grilling

OVEN ACCESSORIES TO USE

When grilling foods the Glass Turntable should be in position, with the Metal Tray and the Wire Rack on top.

Place food on Wire Rack on the Metal Tray on the Turntable.



The Wire Rack will allow fat to drip through into the Metal Tray to reduce excess splatter and smoke when grilling steaks, chops and other fatty foods.

Most foods require turning halfway during cooking. When turning food, open oven door and CAREFULLY remove the Metal Tray and Wire Rack by holding the accessories firmly.

Use oven gloves when removing accessories as they will be very hot, and so will the roof and walls of the oven.

After turning, return food to the oven, close door and press START. The oven will continue to count down the remaining cooking time. It is quite safe to open the oven door at any time to check the progress of the food as it is grilling.

If grilling fish or small items, place the Metal Tray on top of the Wire Rack.

GUIDELINES

1. There is no microwave power on the GRILL only program.
2. Use the accessories provided, as explained above.
3. The Grill will only operate with the oven door closed.
4. Most meat items e.g. bacon, sausages, chops can be cooked on the hottest setting - GRILL 1. This setting is also suitable for toasting bread, muffins and teacakes etc.
5. GRILL 2 and GRILL 3 are used for more delicate foods or those that require a longer grill time e.g. fish or chicken portions.
6. DO NOT PREHEAT THE GRILL.
7. NEVER COVER THE FOOD WHEN GRILLING.
8. ALWAYS USE OVEN GLOVES WHEN REMOVING THE FOOD AND ACCESSORIES AFTER GRILLING AS THE OVEN AND ACCESSORIES WILL BE VERY HOT.
9. After Grilling it is important that the Grill accessories are removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease. DO NOT PUT ACCESSORIES IN DISH WASHER.

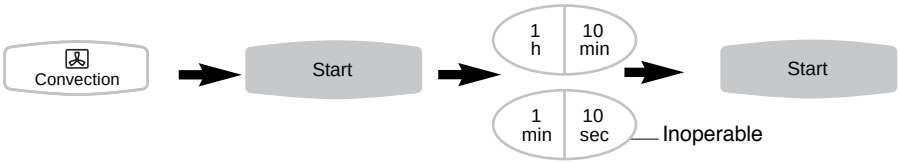
Convection Cooking

In convection mode the grill in the top of the oven will be on, as this generates the heat which is then distributed by the fan.

When using the oven just on CONVECTION, there is NO MICROWAVE POWER.

We recommend to check food frequently on convection cooking, as it way be necessary to cover with foil to avoid over browning.*

For best results always place food in a preheated oven. The Metal Tray must be on the Glass Turntable when preheating.



- Press to select oven temperature. The oven starts at 150 °C and then for each press the temperature will count up in 10 °C stages to 220 °C, then to, 100 °C, 110 °C etc. The convection symbol will also appear.
- Press Start to preheat. A “P” will appear in the display window. When the oven is preheated the oven will beep and the “P” will flash. Then open the door and place the food inside.*
- Press Time Pads to enter cooking time. Maximum cooking time is 9 hours, 99 minutes. The 10 sec pad is inoperable.
- Press Start Pad. Note: Check that only the convection symbol is still in the display. If the microwave symbol is displayed this is incorrect and the program should be cancelled. Reselect the convection setting.

*** Note:** Open the door using the Door Release Pad, because if the Stop/Cancel Pad is pressed the program may be cancelled. Then if the time was entered the oven would revert to cooking on microwave only.

The oven will maintain the selected temperature for approximately 30 minutes. If no food has been placed inside the oven or a cooking time set, then it will automatically cancel the cooking program and revert to time of day.

CAUTIONS:

The oven will automatically work on HIGH Microwave Power if a cooking time is entered without the oven temperature previously being selected.

THE ACCESSORIES AND THE SURROUNDING OVEN WILL GET VERY HOT. USE OVEN GLOVES.

Convection Cooking

OVEN ACCESSORIES TO USE

When using the convection oven the Glass Turntable and metal tray should be in position. The food is then placed onto the Metal Tray or wire rack. Follow your individual recipe guidelines.

Roasting Meat: Glass Turntable, Metal Tray.

Baking: Glass Turntable, Metal Tray.

When using the oven as a CONVECTION oven, there is NO MICROWAVE POWER, i.e. the oven is operating as a conventional oven and you can use all your standard metal baking tins and ovenware.

It is not recommended to cook on more than one level when using the CONVECTION oven. When cooking 2 trays of buns etc, cook in two batches.

Combination Cooking

Your oven has two methods of cooking by Combination.
1. Convection and Microwave
2. Grill and Microwave

COMBINATION cooking is ideal for many foods. The microwave power cooks them quickly, whilst the oven or grill gives the traditional browning and crispness.

All this happens simultaneously resulting in most foods being cooked in $^{1}/_{2}$-$^{2}/_{3}$ of the conventional cooking time.

There is no need to preheat on COMBINATION programs, **EXCEPT when cooking pastry.**

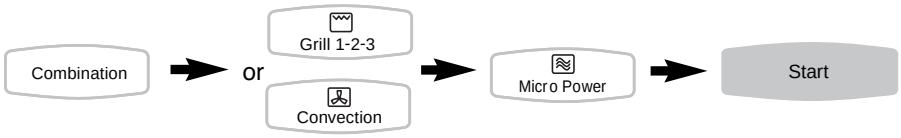
It is possible to use smooth seamed metal tins and foil containers on COMBINATION but they must be placed directly onto the Metal Tray on the Glass Turntable. They must not be placed directly onto the Wire Rack, or arcing will occur.

If you experience arcing, which is when you see blue sparks or hear crackling noises, the metal container is unsuitable or you have insufficient food in the oven. You should stop the program immediately and change the container or re-program to CONVECTION only.

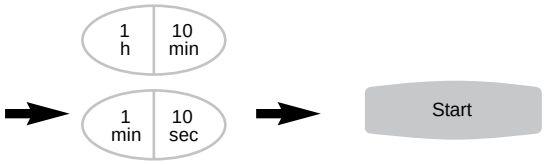
To cook successfully by COMBINATION you should always use a minimum of 200 g (7oz) food. Small quantities should be cooked by Convection, or Grill.

Combination Cooking

PREHEAT IF NECESSARY



- Press Combination pad. The grill and convection symbols will appear and flash.
- Select first cooking mode. The microwave symbol will appear.
- Select microwave power. Options available depend on first cooking mode selected.
- Press if preheating.* Convection only.



- Set cooking time. 10 sec. pad is inoperable.
- Press Start pad.

CAUTIONS:
The oven will automatically work on HIGH microwave power if a cooking time is entered without the power level previously being selected.

Take care to use oven gloves when removing dishes from the oven - especially when turning or stirring foods as the oven walls and roof will be very hot.

*** NOTE:**
When placing food in the oven after preheating, just open the door using the Door Release Pad, because if STOP/CANCEL Pad is pressed the program may be cancelled. Then, if the time was entered, the oven would revert to cooking on microwave only.

CONTAINERS TO USE
DO NOT use plastic MICROWAVE containers on Combination Programs (unless suitable for combination cooking). Dishes must be able to withstand the heat of the top grill - heatproof glass e.g. Pyrex® or ceramic are ideal. But do not put dishes on Wire Rack directly under the grill, place on Metal Tray.

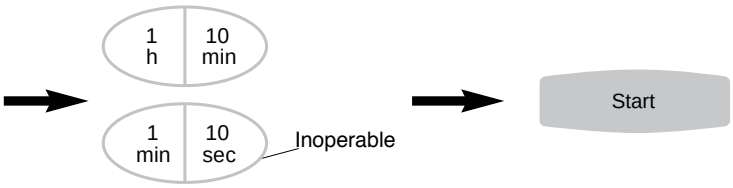
OVEN ACCESSORIES
When using any Combination cooking program the Glass Turntable should be in position and must have the Metal Tray placed on top, unless otherwise stated.

Combination 1. Convection and Microwave

This is the most popular combination mode combining convection heat with microwave power. Casseroles, meat joints, jacket potatoes and pastries are very successful using this combination. Unsuitable foods are those which contain whisked eggs, meringues, rich fruit cakes, biscuits and yorkshire puddings.

It is not necessary to preheat on combination except when cooking pastry dishes, to achieve a better result. For pastry dishes preheat oven to 210°C on Convection so that the oven is hot, and then select the desired Combination program.

- Press Combination Pad. The grill and convection symbols will appear and flash.
- Press to select oven temperature. The oven starts at 150°C, and then for each press the temperature will count up in 10°C stages to 220°C, then to 100°C, 110°C etc. The grill symbol will disppear and the convection symbol will stop flashing. The microwave symbol appears and starts to flash.
- Press Micro Power Pad to select Microwave setting. HIGH & DEFROST are not available. The microwave symbol will stop flashing.



- Press to enter required cooking time. 10 sec pad is inoperable.
- Press Start Pad.

CAUTION:

The oven will automatically work on HIGH Microwave Power if a cooking time is entered without the power level previously being selected.

Combination 1. Convection and Microwave

OVEN ACCESSORIES TO USE

When using Combination cooking the Glass Turntable should be in position and must have the Metal Tray on top, unless otherwise stated.

Items of food can be placed onto the Wire Rack on the Metal Tray on the Glass Turntable. Heatproof dishes of food should be placed directly onto the Metal Tray on the Glass Turntable.

Joints and portions of meat should be placed on an upturned saucer on the Metal Tray on the Glass Turntable. Alternatively they can be placed in a heatproof dish on the Metal Tray on the Glass Turntable.

Recipes using foil or metal containers e.g. cakes and pastries should be placed directly onto the Metal Tray on Glass Turntable.

Combination 1. Convection and Microwave

GUIDELINES

- Food is usually cooked UNCOVERED.
- After cooking it is important that the accessories are removed for cleaning before re-use and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease. DO NOT PUT ACCESSORIES IN THE DISHWASHER.

The chart below gives suggestions for Combination programs. For cooking times refer to cooking charts or a similar recipe in the book. It is not possible to use HIGH or DEFROST Microwave Power in this mode.

Press Combination Pad first, then select CONVECTION temperature. Lastly, select Microwave Power and set cooking time.		
Oven Temperature	**Microwave Power**	**Use**
220°C	WARM	Nuggets, Sausage Rolls, Fruit crumble
220°C	SIMMER	Meat Pies, Quiche, Frozen Garlic Baguette, Part baked Rolls, Cottage Pie, Fish Pie.
190°C	SIMMER	Whole Chicken
160°C	SIMMER	Joints Beef
160°C	LOW	Joints Lamb, Pork
160°C	WARM	Casseroles

Foods should always be cooked until browned and piping hot.

CAUTION:

ALWAYS USE OVEN GLOVES WHEN REMOVING DISHES FROM THE OVEN - ESPECIALLY WHEN TURNING OR STIRRING FOODS, AS THE ACCESSORIES AND SURROUNDING OVEN WILL GET VERY HOT.

Combination 2. Grill and Microwave

This Combination mode is suitable for foods which are normally grilled and for reheating small savoury items.

Do not use this program with less than 200 g (7 oz) of food.

It is NOT necessary to preheat when using this Combination mode and food should always be cooked uncovered.

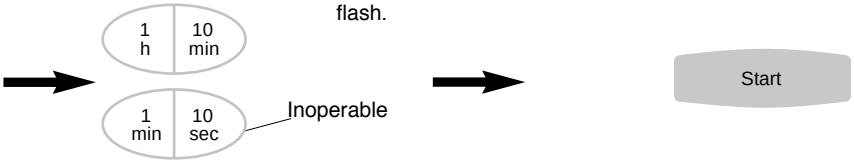
The Grill will glow on and off during cooking - this is normal.

Grill 1 - HIGH

Grill 2 - MEDIUM

Grill 3 - LOW

- Press Combination Pad. The grill and convection symbols will appear and flash.
- Select Grill Power. Press once for Grill 1 (High), twice for Grill 2 (Medium) or three times for Grill 3 (Low). The convection symbol will disappear and the grill symbol will stop flashing. The microwave symbol appears and starts to flash.
- Select Microwave Power. Keep pressing this pad until the power you require appears in the display window. Options available depend on Grill Power selected. The microwave symbol will stop flashing.



- Press to enter required cooking time. 10 sec. pad is inoperable.
- Press Start Pad.

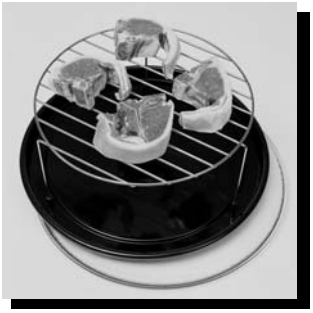
CAUTION:

The oven will automatically work on HIGH Microwave Power if a cooking time is entered without the power level previously being selected.

Combination 2. Grill and Microwave

OVEN ACCESSORIES TO USE

When using Combination cooking the Glass Turntable should be in position and must have the Metal Tray on top, unless otherwise stated.



Food should be placed directly onto the Wire Rack on the Metal Tray. This is then placed on the Glass Turntable.

When cooking fish or small items, food can be placed directly on the metal tray on top of the Wire Rack.

GUIDELINES

- Food is always cooked UNCOVERED.
- To turn food just press the door release pad, remove the Metal Tray and Wire Rack, turn the food, return to the oven, close the door and press START pad. The oven will continue to countdown the remaining cooking time.
- After Grilling it is important that the Grill accessories are removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease. DO NOT PUT ACCESSORIES IN THE DISHWASHER.

Combination 2. Grill and Microwave

We suggest the following options for this Combination mode.

Grill Setting	Microwave Power	Use
1	MEDIUM	Frozen Potato Products
3	SIMMER	Reheating Snacks
3	WARM	Reheating Small Pastry Items

For advice on cooking times refer to cooking charts and recipes in this book.
Foods should always be cooked until browned and piping hot.

CAUTION:
ALWAYS USE OVEN GLOVES WHEN REMOVING DISHES FROM THE OVEN - ESPECIALLY WHEN TURNING OR STIRRING FOODS, AS THE ACCESSORIES AND SURROUNDING OVEN WILL GET VERY HOT.

*** NOTE:**
When placing food in the oven after preheating, just open the door using the Door Release Pad, because if STOP/CANCEL Pad is pressed the program may be cancelled. Then, if the time was entered, the oven would revert to cooking on microwave only.

CONTAINERS TO USE
DO NOT use plastic MICROWAVE containers on Combination Programs (unless suitable for combination cooking). Dishes must be able to withstand the heat of the top grill - heatproof glass e.g. Pyrex® or ceramic are ideal. But do not put dishes on Wire Rack directly under the grill, use the Metal Tray.

Auto Weight Cook Programs

This feature allows you to cook or reheat ten foods by setting the weight only. The oven determines the Microwave power level and/or Combination setting, then the cooking time automatically. Select the category of food and then just enter the weight. The weight can be entered in grams or pounds and ounces.

- Select the desired Auto Weight program, by pressing the pad. The pad can be pressed once or twice to select the desired program.
- Press to select grams or pounds and ounces.

- Enter the weight by pressing the up and down pads.
- Press Start.

When you select an automatic program symbols will appear in the display to show the cooking mode that will be used and the accessories that are needed, in addition to the turntable. These are what they mean:-

Microwave
Grill
Convection

Metal tray

Wire rack

Guidelines for Use

The Auto Weight Programs are designed to take the guesswork out of cooking or reheating your food. They must ONLY be used for the foods described.

1. Only cook foods within the weight ranges described (see table on page 43).
2. Only use the accessories as indicated on pages 44-46.
3. DO NOT cover food unless stated, as programs 7-10 use a Combination of Microwave and Convection and it will prevent the food browning. The heat will also melt any plastic covering.
4. Most foods benefit from a STANDING time after cooking on an Auto Program, to allow heat to continue conducting to the centre.
5. To allow for some variations that occur in food, check that food is thoroughly cooked and piping hot before serving.

Minimum/Maximum Weights to use on Auto Weight Programs

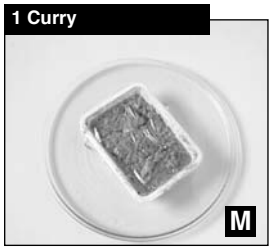
Program	Minimum	Maximum
Curry	300 g (11oz)	900 g (2lb)
Chinese Style	200 g (7oz)	1000 g (2lb 2oz)
Pasta	250 g (9oz)	1500 g (3lb 5oz)
Casserole	300 g (11oz)	900 g (2lb)
Fresh Fish	100 g (4oz)	900 g (2lb)
Fresh Vegetables	100 g (4oz)	900 g (2lb)
Jacket Potatoes	200 g (7oz)	1500 g (3lb 5oz)
Frozen Potato Products	200 g (7oz)	500 g (1lb 2oz)
Whole Chicken	900 g (2lb)	2000 g (4lb 4oz)
Frozen Pizza	100 g (4oz)	500 g (1lb 2oz)

Auto Weight Cook Programs

Auto Programs must ONLY be used for the foods described below. Programs 1-6 use Microwave power only, Programs 7-10 use a Combination program of Microwave and Convection and/or Grill.

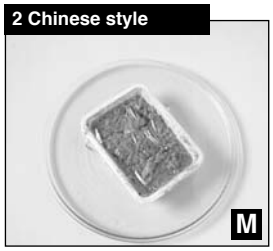
***IMPORTANT NOTE:** These programs are not suitable for foods that cannot be stirred e.g. Lasagne/Shepherds Pie.

1 Curry



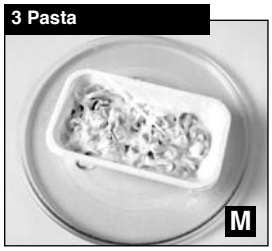
This program is for reheating a chilled curry convenience meal that can be stirred.* Foods must be in a suitable microwaveable container and have the film pierced. Place on turntable, press the pad once. Enter the weight then press START. Stir halfway. Allow to stand for 1 minute. Ensure that the food is piping hot. Stir the food before serving.

2 Chinese style



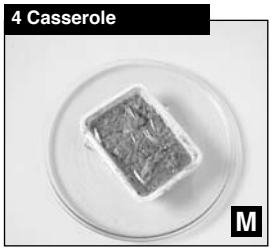
This program is for reheating a chilled chinese style convenience meal.* Foods must be in a suitable microwaveable container and have the film pierced. Press the pad twice. Enter the weight. Press START. Stir halfway. Allow to stand for 1 minute. Ensure food is piping hot. Stir again before serving.

3 Pasta



This program is for reheating a chilled pasta convenience meal that can be stirred.* Foods must be in a suitable microwaveable container and have the film pierced. Place on turntable, press the pad once. Enter the weight then press START. Stir halfway. Allow to stand for 1 minute. Ensure that the food is piping hot. Stir the food before serving.

4 Casserole



This program is for reheating a chilled casserole convenience meal.* Foods must be in a suitable microwaveable container and have the film pierced. Press the pad twice. Enter the weight. Press START. Stir halfway. Allow to stand for 1 minute. Ensure food is piping hot. Stir again before serving.

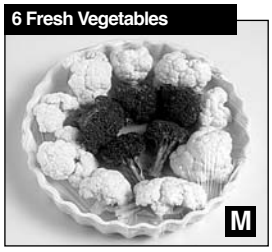
M = Microwave cooking only **C** = Combination e.g. Convection + Micro power

Auto Weight Cook Programs

5 Fresh Fish

To cook FRESH fish. Shield the thinner portions. Place in a shallow container on turntable. Add 15 ml (1tbsp) liquid. Cover with pierced cling film or lid. Press the pad once. Enter the weight. Press START.

6 Fresh Vegetables

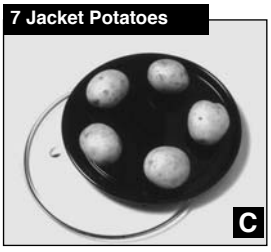


To cook FRESH vegetables. Place prepared vegetables into a shallow container on turntable. Add 90 ml (6tbsp) of water. Cover with pierced cling film or lid. Press the pad twice. Enter the weight. Press START.

Auto Weight Combination Programs

Auto programs must ONLY be used for the foods described below. Programs 7 to 10 use a combination of Microwave and Convection.

7 Jacket Potatoes



To cook jacket potatoes with a crisper drier skin. Choose medium sized potatoes 200-250 g (7-9oz), for best results. Wash and dry potatoes and prick with a fork several times. Place on Metal Tray on Glass Turntable. Press the pad. Enter total weight of potatoes, then press START.

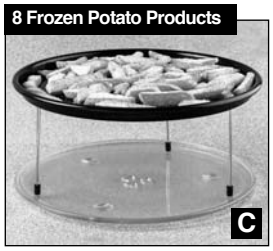
M = Microwave Power only **C** = Combination e.g. Convection + Micro Power

Auto Weight Combination Programs

It is necessary to preheat the oven for programs 8-10 (Frozen Potato Products, Whole Chicken, Frozen Pizza). See below for operation.
eg.

- Select the Fresh Whole Chicken Program.
- Press the start pad to pre-heat the oven. Pre-heat with Metal Tray on Glass Turntable.
- After pre-heating, beeps sound and 'P' will flash in the display. Place the Whole Chicken in the oven and set weight. **Take care when handling the hot metal tray.**
- Press start.

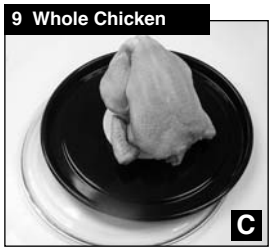
8 Frozen Potato Products



To cook FROZEN oven chips and potato products, e.g. Hash Browns, Croquettes, etc,. that are suitable for GRILLING. Press the pad. Press the start pad to pre-heat the oven. After pre-heating, beeps sound and 'P' will flash in the display. Spread potato products out on Metal Tray on Wire Rack on Glass Turntable. Enter the weight. Press START. Turn during cooking. For best results cook in a single layer.

NOTE: Potato products vary considerably. We suggest checking a few minutes before the end of cooking to assess personal browning.

9 Whole Chicken



To cook WHOLE FRESH unstuffed chickens. Cook stuffing separately. Press Pad. Press the start pad to pre-heat the oven. After pre-heating, beeps sound and 'P' will flash in the display. Place chicken on an upturned saucer on Metal Tray and place on Glass Turntable. Remove wing tips from large chickens. Enter in the weight of the chicken, then press START. Start cooking breast side down and turn $^{2}/_{3}$ total time, taking care with hot juices. Stand for 5 minutes.
CAUTION: Hot Fat! Remove accessory with care.

10 Frozen Pizza

For reheating and browning frozen, purchased pizza. Press Pad. Press the start pad to pre-heat the oven. After pre-heating, beeps sound and 'P' will flash in the display. Remove all packaging and place pizza on Wire Rack on Metal Tray on Glass Turntable. Enter weight and press START.

M = Microwave Power only **C** = Combination e.g. Convection + Micro Power

Cooking and Reheating Guidelines

Most foods reheat very quickly in your oven by HIGH power. Meals can be brought back to serving temperature in just minutes and will taste freshly cooked and NOT leftover. Always check food is piping hot and return to oven if necessary.

As a general rule, always cover wet foods, e.g. soups, casseroles and plated meals.

Do not cover dry foods e.g. bread rolls, mince pies, sausage rolls etc.

The charts on pages 49-67 show you the best way to cook or reheat your favourite foods. The best method depends on the type of food.

Remember when cooking or reheating any food that it should be stirred or turned wherever possible. This ensures even cooking or reheating on the outside and in the centre.

When is food reheated?

Food that has been reheated or cooked should be served “piping hot” i.e. steam should be visibly emitted from all parts. As long as good hygiene practices have been followed during the preparation and storage of the food, then cooking or reheating presents no safety risks.

Foods that cannot be stirred should be cut with a knife to test that they are adequately heated throughout. Even if a manufacturer’s instructions or the times in the cookbook have been followed, it is still important to check the food is heated thoroughly. If in doubt, always return to the oven for further reheating.

If you cannot find the equivalent food in the chart then choose a similar type and size listed and adjust the cooking time if necessary.

PLATED MEALS

Everyone’s appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread out well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate. Between 3-5 mins. on HIGH power will reheat an average portion. If stacking two meals, heat on HIGH power for 6-7 mins. and change the meals over halfway.

CANNED FOODS

Remove foods from can and place in a suitable dish before heating.

SOUPS

Use a bowl and stir before, during and after heating.

CASSEROLES

Stir halfway through and again at the end of heating.

MINCE PIES - CAUTION

REMEMBER even if the pastry is cold to the touch, the filling will be piping hot and will warm the pastry through. Take care not to overheat otherwise burning can occur due to the high fat and sugar content of the filling. Check the temperature of the filling before consuming to avoid burning your mouth.

CHRISTMAS PUDDINGS AND LIQUIDS - CAUTION

Take great care when reheating these items. See Page 9 and 10.

Do not leave unattended.

Do not add extra alcohol.

BABIES' BOTTLES - CAUTION

Milk or formula MUST be shaken thoroughly before heating and again at the end and tested carefully before feeding a baby.

For 7-8 fl.oz. of milk from fridge temperature, remove top and teat. Heat on HIGH power for 25-30 secs.
CHECK CAREFULLY.

For 3 fl.oz. of milk from fridge temperature, remove top and teat. Heat on HIGH power for 10-15 secs.
CHECK CAREFULLY.

N.B. Liquid at top of bottle will be much hotter than at bottom and bottle must be shaken thoroughly.

WE DO NOT RECOMMEND THAT YOU USE YOUR MICROWAVE TO STERILISE BABIES' BOTTLES. If you have a special microwave steriliser we urge extreme caution, due to the low quantity of water involved. It is vital to follow the manufacturers instructions implicitly.

The times given in the charts below are a guideline only, and will vary depending on STARTING temperature, dish size etc.

HEATING CATEGORY
Your oven is Heating Category E and this is displayed on the front of your oven door. The information on this label will assist you in using new instructions on food packs to enable you to program the best heating time in your oven.

Food	Weight/ Quality	Power Level	Time to Select (approx)	Instructions/Guidelines
BABIES BOTTLES – CAUTION **For 7-8 fl.oz of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 25-30 secs. CHECK CAREFULLY** **For 3 fl.oz of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 10-15 secs. CHECK CAREFULLY** **N.B. Liquid at the top of the bottle will be much hotter than at the bottom of the bottle and must be shaken thoroughly before checking the temperature. Milk or formula must always be tested carefully before feeding a baby.**				
BREAD – Pre-cooked – Fresh – N.B. Breads reheated by Microwave will have a soft base.				
Croissants	1	HIGH power	15-20 secs.	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	2-3 mins.	Place on heatproof plate on turntable. Do not cover.
	4	HIGH power	30-40 secs.	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	3-5 mins.	Place on heatproof plate on turntable. Do not cover.
Rolls	1	HIGH power	15-20 secs.	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	3-4 mins.	Place on heatproof plate on turntable. Do not cover.
	4	HIGH power	30-40 secs.	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	4-5 mins.	Place on heatproof plate on turntable. Do not cover.
POINTS FOR CHECKING Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.				

Food	Weight/ Quality	Power Level	Time to Select (approx)	Instructions/Guidelines
CANNED BEANS, PASTA				
Baked Beans	200 g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
	420 g	HIGH	3 mins.	
Baked Beans & Sausages/Burgers	450 g	HIGH	5 mins.	Place in a heatproof bowl on turntable. Cover.
Ravioli in sauce	215 g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
	400 g	HIGH	4 mins.	
Spaghetti in Tomato Sauce	200 g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
CANNED MEAT				
Hot Dogs (drained)	400 g	HIGH	3 mins.	Place in a heatproof bowl on turntable. Cover.
Stewed Steak	405 g	HIGH	3-4 mins.	Place in a heatproof bowl on turntable. Cover.
CANNED SOUPS				
Cream of Mushroom	425 g	HIGH	4 mins.	Place in a heatproof bowl on turntable. Cover
Minestrone	400 g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover. Stir halfway.
CANNED PUDDINGS				
Custard	425 g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover. Stir halfway.
Sponge Pudding	300 g	HIGH	1 min. 30 secs. to 2 mins.	Place in a heatproof bowl on turntable. Cover.

POINTS FOR CHECKING
Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
CANNED VEGETABLES – Drain where appropriate				
Carrots, whole	410 g	HIGH	3 mins.	Place in a heatproof bowl on turntable. Cover.
Peas, Mushy	300 g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover. Stir halfway.
Peas, Garden	550 g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
Potatoes new	820 g	HIGH	5 mins.	Place in a heatproof bowl on turntable. Cover.
Sweetcorn	195 g	HIGH	1 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
	330 g	HIGH	2 mins. 30 secs. to 3 mins.	
Tomatoes, whole	400 g	HIGH	3 mins.	Place in a heatproof bowl on turntable. Cover.
CHRISTMAS PUDDINGS – Do not leave unattended as overheating can cause the food to ignite				
Slice	150 g	HIGH	30 secs.	Place in a heatproof dish on turntable. Cover.
Small	454 g	HIGH	2 mins.	Place in a heatproof dish on turntable. Cover.
Medium	900 g	HIGH	3 mins.	Place in a heatproof dish on turntable. Cover.
Large	1.1 kg	HIGH	3 mins. 30 secs.	Place in a heatproof dish on turntable. Cover.
DRINKS — COFFEE - at room temperature				
1 mug	235 ml	HIGH	1 min. 30 secs. to 2 mins.	Place in a heatproof mug on turntable. Stir, before, during and after reheating.
2 mugs	470 ml	HIGH	2 mins. 30 secs.	
DRINKS — MILK - from the fridge				
1 mug	235 ml	MED	2 mins. to 2 mins. 30 secs.	Place in a heatproof mug or jug on turntable. Stir, before, during and after reheating.
1 jug	600 ml	MED	4-5 mins.	

POINTS FOR CHECKING
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Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
HOMEMADE MEAT DISHES				
Casserole for 2	700 g	HIGH	6-8 mins.	Place in a heatproof dish on turntable. Cover.
Casserole for 4	1 kg	HIGH	10-15 mins.	Place in a heatproof dish on turntable. Cover.
Bolognese Sauce/ Savoury Mince	250 g	HIGH	3 mins.	Place in a heatproof dish on turntable. Cover.
	1 kg	HIGH	8 mins.	
PASTRY PRODUCTS – PRECOOKED – N.B. Pastries reheated by microwave will have a soft base. If pie comes in foil container place directly onto metal tray.				
Cornish Pastie	227 g (1)	HIGH power or	1-2 mins.	Place in micro-safe dish on turntable. Do not cover.
		Preheat convection: 210°C **Combi:** 200°C + WARM power	8-9 mins.	Place on wire rack on metal tray on turntable. Do not cover. Turn ½ way during cooking.
	300 g (2)	HIGH power or	3-4 mins.	Place in micro-safe dish on turntable. Do not cover.
		Preheat convection: 210°C **Combi:** 200°C + WARM power	9 mins.	Place on wire rack on metal tray on turntable. Do not cover. Turn ½ way during cooking.
Meat Pies	300 g (2)	**Preheat convection:** 210°C **Combi:** 220°C + SIMMER power	5-6 min.	Place on metal tray on turntable.
Steak and Kidney Shortcrust Pie	250 g (1)	**Preheat convection:** 210°C **Combi:** 200°C + WARM	10 mins.	Place on metal tray on turntable.
Quiche	400 g (1)	HIGH power or	4-5 mins.	Place in micro-safe dish on turntable. Do not cover.
		Preheat convection: 210°C **Combi:** 220°C + SIMMER power	7 mins.	Place on metal tray on turntable. Do not cover.

POINTS FOR CHECKING

Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

Food	Weight Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
Sausage Roll	270 g (2)	**Preheat convection:** 210°C **Combi:** 220°C + WARM power	6-8 mins.	Place on wire rack on metal tray on turntable. Do not cover.
Xmas Mince Pies	90 g (2)	HIGH power	10-20 secs.	Place in micro-safe dish on turntable. Do not cover.
PLATED MEALS – HOMEMADE – CHILLED				
Child size	1	HIGH	3 mins.	Place on a heatproof plate on turntable. Cover.
Adult size	1	HIGH	4-5 mins.	Place on a heatproof plate on turntable. Cover.
PUDDINGS AND DESSERTS – Transfer puddings to a heatproof dish				
Apple Pie	545 g	HIGH or	4-5 mins.	Place on turntable. Do not cover.
		Preheat convection: 210°C **Combi:** 220°C + WARM power	10-12 mins.	Place on metal tray on turntable. Do not cover.
Apple and Blackcurrant Pies	x 6	**Preheat convection:** 210°C **Convection:** 220°C	5 mins.	Place in foil cases on wire rack on metal tray on turntable. Do not cover.
Bread and Butter Pudding	600 g	HIGH or	2-3 mins	Place on turntable. Do not cover.
		Combi: 220°C + WARM power	19-21 mins.	Place on metal tray on turntable. Do not cover.
Custard	300 ml	HIGH	1 min 30 secs.	Place in large jug. Stir during reheating.
Fruit Crumble	500 g	HIGH or	1 min. 20 secs.	Place on turntable. Do not cover.
		Combi: 220°C + WARM power	9 mins.	Place on metal tray on turntable. Do not cover.
Jam Roly Poly	730 g	HIGH	5 mins.	Place on turntable. Do not cover.

POINTS FOR CHECKING
Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

Food	Weight Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
PURCHASED CONVENIENCE FOODS – CHILLED N.B. Transfer food from foil container to a similar sized heat-proof dish.				
Breaded Mushrooms	400 g	**Preheat convection:** 220°C **Convection:** 220°C	8-10 mins.	Place on metal tray on wire rack on turntable. Turn halfway.
Cottage Pie	300 g	HIGH power or	3-4 mins.	Place on turntable.
		Combi: 220˚C + SIM power	10-12 mins.	Place on metal tray on turntable. Do not cover.
	450 g	HIGH power or	6-8 mins.	Place on turntable.
		Combi: 220˚C + SIM power	16 mins.	Place on metal tray on turntable. Do not cover.
Lasagne	400 g	MEDIUM power or	6-7 mins.	Place on turntable.
		Combi: 200˚C + LOW power	13-15 mins.	Place on metal tray on turntable. Do not cover.
Onion Bhajis, Pakora & Felafel	280 g (6)	**Preheat convection:** 220°C **Convection:** 220°C	8 mins.	Place on metal tray on wire rack on turntable. Turn halfway.
Spring Rolls or Samosas	200 g	**Preheat convection:** 220°C **Convection:** 220°C	12 mins.	Place on wire rack on metal tray on turntable. Turn halfway.
Potato Wedges	385 g	**Preheat convection:** 220°C **Convection:** 220°C	8-10 mins.	Place on metal tray on wire rack on turntable. Turn halfway.
Vegetable Bake	400 g	HIGH power or	6-8 mins.	Place on turntable.
		Combi: 200°C + SIMMER power	12-14 mins.	Place on metal tray on turntable. Do not cover.

POINTS FOR CHECKING
Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

Food	Weight Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
PURCHASED CONVENIENCE FOODS – FROZEN – N.B. Transfer food from foil container to a similar sized heat-proof dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Golden Drummers	340 g (6)	GRILL 1	18 mins.	Place on metal tray on wire rack on turntable.
Lasagne	400 g	DEFROST power then HIGH power or	8 mins. 8-9 mins.	Place on turntable.
		Combi: 220˚C + SIMMER power	20-22 mins.	Place on metal tray on turntable.
Breaded Onion Rings	250 g	GRILL 1	10-12 mins.	Place on metal tray on wire rack on turntable. Turn halfway.
Fish Pie	340 g	HIGH power or	7-8 mins.	Place on turntable.
		Combi: 220°C + SIMMER power	18 mins.	Place on metal tray on turntable.
Shepherd's Pie	400 g	DEFROST power then HIGH power or	10 mins. 6-8 mins.	Place on turntable.
		Combi: 220°C + SIMMER power	18 mins.	Place on metal tray on turntable.
POINTS FOR CHECKING Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.				

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instructions/Guidelines
BREAD – Frozen				
Part-baked rolls	220 g (4)	**Combi:** 220°C + SIM power	10-12	Place on metal tray on turntable.
Part-baked Garlic Baguette	160 g (1)	**Combi:** 220°C + SIM power	8-10	Place on metal tray on turntable.
BACON – from raw				
Rashers	260 g (8)	HIGH power	4-6 or 45 secs. per rasher	Place on micro-safe rack or plate on turntable and cover with kitchen towel to minimise splatter.
		or GRILL 1	15	Place on metal tray on wire rack on turntable. Turn halfway.
Steaks	250 g (2)	HIGH power	4-5	Place on micro-safe rack or plate on turntable.
		or GRILL 1	15-18	Place on wire rack on metal tray on turntable. Turn halfway.
BEANS & PULSES – should be pre-soaked (except lentils)				
Black Eyed Beans	225 g	HIGH power	10	Use 600 ml (1pt) boiling water in a large bowl Cover.
		then SIMMER	25-30	
Chick Peas	225 g	HIGH power	10	Use 600 ml (1pt) boiling water in a large bowl Cover.
		then SIMMER	40	
Lentils	225 g	MEDIUM power	10-15	Use 600 ml (1pt) boiling water in a large bowl Cover.
Red Kidney Beans	225 g	HIGH power	15	Use 600 ml (1pt) boiling water in a large bowl Cover. **Must boil for at least 12 mins to destroy toxic enzymes**
		then SIMMER	40	

POINTS FOR CHECKING
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Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instructions/Guidelines
BEEF – Joints from raw – Caution: Hot fat! Remove dish with care. For Guidelines see Meat Chapter page 76.				
Topside, Forerib, Sirloin		**Preheat convection:** 160°C **Combi:** 160°C + SIM power	10 mins. per 450 g	Place on an upturned saucer on metal tray on turntable. Turn halfway.
Mince		HIGH then MEDIUM POWER	10 then 15 per 450 g	Place in micro safe dish with stock and seasonings on turntable. Stir halfway. Cover.
Rump/Sirloin	300 g (2)	MEDIUM power or	6-8	Place on micro-safe rack or plate on turntable. Cover.
		GRILL 1	12	Place on wire rack on metal tray on turntable. Turn halfway.
Stewing Steak	450 g- 675 g	HIGH then SIMMER POWER or	10 then 60	Place in micro-safe dish with stock and vegetables on turntable.Stir halfway. Cover.
		Combi: 160°C +WARM power	1hr-1hr 40	Place in casserole dish with stock and vegetables with lid on metal tray on turntable. Stir halfway
BEEFBURGERS – Fresh from raw – Caution: Hot fat! Remove grill accessory with care.				
	340 g (2)	HIGH power	3-4	Place on micro-safe rack or plate on turntable. Cover.
		or GRILL 1	15-17	Place on wire rack on metal tray on turntable. Turn half way.
BEEFBURGERS – Frozen from raw – Caution: Hot fat! Remove grill accessory with care.				
	227 g (4)	HIGH power	6-8	Place on micro-safe rack or plate on turntable. Cover.
		or GRILL 1	10-12	Place on wire rack on metal tray on turntable. Turn halfway.

POINTS FOR CHECKING
Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

Food	Weight/ Quantity	Time (mins.)	Time (mins.)	Instructions/Guidelines
CHICKEN from raw – CAUTION: Hot Fat! Remove accessory with care. For Guidelines see Meat Chapter page 76.				
Breasts, boneless	500 g (4)	MEDIUM power or	12-14	Place on micro-safe rack or plate on turntable. Cover.
		GRILL 1 or	30	Place on wire rack on metal tray on turntable. Turn halfway.
Drumsticks	700 g (6)	MEDIUM power or	12-14	Place on micro-safe rack or plate on turntable. Cover.
		GRILL 1 or	25-30	Place on wire rack on metal tray on turntable. Turn twice.
		Preheat convection: 220°C **Convection:** 220˚C	25	Place on wire rack on metal tray on turntable. Turn $^{2}/_{3}$ rds cooking time.
Kiev (fresh)	283 g (2)	**Preheat convection:** 220°C **Convection:** 220˚C	10-12	Place on wire rack on metal tray on turntable.
	600 g (4)		12-14	
Nuggets (frozen)	500 g	**Combi:** 220°C + WARM	15-20	Place on metal tray on wire rack on turntable.
		GRILL 1	20-25	Place on metal tray on wire rack on turntable. Turn halfway.
Nuggets (fresh)	360 g	**Combi:** 220˚C + WARM power	12-13	Place on metal tray on wire rack on turntable.
Chicken legs	860 g (4)	MEDIUM power or	18	Place on micro-safe rack or plate on turntable. Cover.
		GRILL 1 or	30-35	Place on wire rack on metal tray on turntable.
		Combi: 220˚C + SIMMER	25	Place on wire rack on metal tray on turntable. Turn $^{2}/_{3}$ rds cooking time.
Whole		MEDIUM power or	8-9 per 450g	Place in micro-safe dish on turntable. Cover.
		Combi: 190˚C + SIMMER power	13 mins. per 450g	Place on upturnted saucer metal tray on turntable. Breast side down. Turn halfway. DO NOT COVER.

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instructions/Guidelines
EGGS – Poached.				
Water	45 ml	HIGH power	40 secs.	• Place water in a small bowl and heat for 1st cooking time. • Add egg (size 3). • Pierce yolk and white. • Cover. • Cook for 2nd cooking time. • Then leave to stand for 1 min.
Egg	1	MEDIUM power	40 secs.	
Water	90 ml	HIGH power	1	
Eggs	2	MEDIUM power	1 min.10 secs.	
Water	135 ml	HIGH power	1 min. 30 secs.	
Eggs	3	MEDIUM power	1min. 30 secs.	
Water	180 ml	HIGH power	2	
Eggs	4	MEDIUM power	1min. 50 secs.	
EGGS – Scrambled.				
1 Egg		HIGH power	30 secs	• Add 1 tbsp of milk for each egg used. • Beat eggs, milk and knob of butter together. • Cook for 1st cooking time then stir. • Cook for 2nd cooking time then stand for 1 min.
		HIGH power	20 secs	
2 Eggs		HIGH power	50 secs	
		HIGH power	30 secs	
3 Eggs		HIGH power	1min. 20 secs	
		HIGH power	30 secs	
FISH – FRESH from raw – For Guidelines see Fish Chapter page 72.				
Breaded Fillets	200 g (2)	GRILL 1	10-12	Place on metal tray on wire rack on turntable. Turn halfway.
Cakes	180 g (2)	GRILL 1	12-14	Place on metal tray on wire rack on turntable. Turn halfway.
Fillets	420 g (2)	HIGH power	3-4	Place in micro-safe dish. Add 30 ml of liquid. Cover.
		or GRILL 1	10-12	Place on metal tray on wire rack on turntable. Turn halfway.

POINTS FOR CHECKING
Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instructions/Guidelines
FISH – FRESH from raw – For Guidelines see Fish Chapter page 72.				
Steaks	350 g (2)	HIGH power	3-4	Place in micro-safe dish. Add 30 ml of liquid. Cover.
		or GRILL 2	10-12	Place on metal tray on wire rack on turntable. Turn halfway.
Whole	330 g (1)	HIGH power	4-5	Place in micro-safe dish. Add 30 ml of liquid. Cover.
		or GRILL 2	14	Place on metal tray on wire rack on turntable. Turn halfway.
FISH - FROZEN from raw - For Guidelines see Fish Chapter page 72.				
Breaded Fillets	200 g (2)	GRILL 1 or	10-12	Place on metal tray on wire rack on turntable. Turn halfway.
		Preheat convection: 220°C **Convection:** 220°C	16-18	
Cakes	412 g (8)	GRILL 1	15-20	Place on metal tray on wire rack on turntable. Turn halfway.
Fish Fingers	246 g (8)	HIGH power or	4-5	Place on micro-safe dish. Do not cover.
		GRILL 1	12-14	Place on metal tray on wire rack on turntable. Turn halfway.
Haddock Fillets	300 g (3)	HIGH power or	7	Place in micro-safe dish. Add 30 ml of liquid. Cover.
		GRILL 1	15	Place on metal tray on wire rack on turntable. Turn halfway.
Scampi	300 g	GRILL 1 or	15	Place on metal tray on wire rack on turntable. Turn halfway.
		Combi: 220°C + SIMMER power	10	
Whole	450 g (2)	HIGH power	10-12	Place in micro-safe dish. Add 30 ml of liquid. Cover.
Steaks	450 g (2)	HIGH power	8-9	Place in micro-safe dish. Add 30 ml of liquid. Cover.
Boil in the bag	150 g- 170 g	DEFROST then STAND then MEDIUM	4 then 2 then 6	Place bag sauce side down on a plate. Slash top.

POINTS FOR CHECKING
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Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instructions/Guidelines
FRUIT – Peel, slice, chop into even sized pieces. Place in shallow heatproof dish on turntable.				
Apples – poached	450 g	HIGH power	6	Add 300 ml (½pt) of water. Only half fill dish. Cover.
Apples – stewed	450 g	HIGH power	5	Only half fill dish. Cover.
Peaches – poached	450 g	HIGH power	4-5	Add 300 ml (½pt) of water. Only half fill dish. Cover.
Pears – poached	450 g	HIGH power	5-6	Add 300 ml (½pt) of water. Only half fill dish. Cover.
Plums – poached	450 g	HIGH power	8	Add 300 ml (½pt) of water. Only half fill dish. Cover.
Plums – stewed	450 g	HIGH power	8-10	Add 30 ml (2 tbsp) of water. Only half fill dish. Cover.
Rhubarb – stewed	450 g	HIGH power	5	Only half fill dish. Cover.
LAMB – from raw – CAUTION: Hot Fat! Remove accessory with care. For Guidelines see Meat Chapter page 76.				
Chops, cutlets	330 g (4)	MEDIUM power	6-7	Place in micro-safe dish or rack on turntable. Cover.
		or GRILL 1	18-20	Place on wire rack on metal tray on turntable. Turn halfway.
Chops, Loin	400 g (4)	MEDIUM power	7-8	Place in micro-safe dish or rack on turntable. Cover.
		or GRILL 1	20	Place on wire rack on metal tray on turntable. Turn halfway.
Joints		**Preheat convection:** 160°C **Combi:** 160°C + LOW power	11 mins. per 450 g	Place on metal tray on turntable. Turn halfway.
Stewing lamb i.e. diced shoulder	450 g	HIGH then LOW power or	10 then 40	Place in micro-safe dish with stock and vegetables on turntable. Stir halfway. Cover
		Combi: 160°C + WARM power	1hr	Place in casserole, add stock and vegetables, cover with lid on metal tray on turntable. Stir halfway.
Casseroling lamb ie. diced shoulder	450 g	HIGH then LOW power or	10 then 60	Place in micro-safe dish on turntable. Stir halfway. Cover.
		Combi: 160°C + WARM power	1 hr	Place in casserole with lid on metal tray on turntable.

POINTS FOR CHECKING
Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instructions/Guidelines
PASTA				
Twists	225 g	HIGH power	8-10	Use 1 litre (1¾pt) boiling water. Add 15 ml oil. Cover. Stir halfway.
Macaroni	225 g	HIGH power	10-12	
PASTA - Place in a large 3 litre (6 pint) microwave safe bowl.				
Spaghetti / Tagliatelle	225 g	HIGH power	8-9	Use 1½ litres (2½pts) boiling water. Add 15 ml oil. Cover. Stir halfway.
Pasta shells - ie. conchiglie	225 g	HIGH power	10-12	
PASTRY – UNCOOKED				
Shortcrust Flan	23 cm (9")	HIGH power or	3-4	Prick base of pastry and chill well. Lay piece of kitchen towel in base. Place on turntable.
		Preheat convection: 210°C **Combi:** 220°C + SIM power	7-8	Prick base of pastry and chill well. Do not cover. Place on metal tray on turntable.
All Butter Croissants	250 g (6)	**Preheat convection:** 210°C **Convection:** 220°C	8-10	Place on baking sheet on metal tray on turntable.
PIZZA – FRESH chilled – N.B. Remove all packaging. Pizzas will have a soft base if cooked by microwave only.				
Deep Pan, Ham	475 g	HIGH power or	4-6	Place on micro-safe plate on turntable. Do not cover.
		Convection: 220°C	10-12	Place directly on wire rack on metal tray on turntable. Do not cover.
Thin and Crispy	295 g	**Combi:** 220°C + WRM power or	7-10	Place on wire rack on metal tray on turntable. Do not cover.
		Convection: 220°C	8	

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Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instructions/Guidelines
PIZZA – FROZEN – N.B. Remove all packaging. Pizzas will have a soft base.				
French Bread	320 g (2)	**Combi:** 220°C + SIMMER power	10–12	Place on wire rack on metal tray on turntable. Do not cover.
Pepperoni	410 g	**Combi:** 220°C + SIMMER power	12–15	Place on wire rack on metal tray on turntable. Do not cover.
PORK – from raw – CAUTION: Hot Fat! Remove accessory with care. For Guidelines see Meat Chapter page 76.				
Chops	425 g (4)	GRILL 1	13-15	Place on wire rack on metal tray on turntable. Turn halfway.
Joints		MEDIUM power or	13-14 per 450 g	Place on upturned saucer in heatproof dish on turntable. Turn joint over halfway during cooking. Drain off fat during cooking.
		Preheat convection: 160°C **Combi:** 160°C + LOW power	12 mins. per 450 g	Place on metal tray. Turn halfway.
Gammon covered with water		HIGH then MEDIUM power	15 then 15-20 per 450 g	Place in large casserole with lid and cover with water.
Tenderloin, whole		**Preheat convection:** 170°C **Combi:** 170°C + SIMMER power	14-15 per 450g	Place on upturned saucer on metal tray on turntable. Turn ½ way.
Porridge – N.B: Use a large bowl.				
1 serving	½ cup of oats	MEDIUM power	2-2½	Add 1 cup of water or milk. Stir halfway.
2 servings	1 cup of oats	HIGH power	4-5	Add 2 cups of water or milk. Stir halfway.
4 servings	2 cups of oats	HIGH power	8-9	Add 4 cups of water or milk. Stir halfway.

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Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instructions/Guidelines
POTATO PRODUCTS part cooked – FROZEN				
Croquettes	300 g	GRILL 1	15-17	Place on metal tray on wire rack on turntable. Turn halfway.
Hash Browns	300 g (7)	GRILL 1	12-15	Place on metal tray on wire rack on turntable. Turn halfway.
Oven Chips & Associated Products	300 g	GRILL 1 or	10-12	Place on metal tray on wire rack on turntable. Turn halfway.
	450 g	**Combi:** GRILL 1 + MEDIUM power	8-9	
RICE				
Basmati	250 g	MEDIUM power	10-12	Use 600 ml (1pt) boiling water. Cover
Easycook White	250 g	HIGH power	12-13	
Easycook Brown	250 g	HIGH power	15-17	
Long Grain White	250 g	MEDIUM power	14	
Long Grain Brown	250 g	MEDIUM power	20	
MILK PUDDING – Use large bowl, cover. Stir halfway.				
Flaked Rice	50 g	SIMMER power	20	Add 600 ml (1pt) milk. 30 ml sugar
Pudding Rice	50 g	HIGH power then SIMMER	5 35	Add 450 ml (¾pt) milk. 30 ml sugar
Tapioca	50 g	SIMMER power	30-35	Add 600 ml (1pt) milk. 30 ml sugar

POINTS FOR CHECKING
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Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instructions/Guidelines
SAUSAGES from raw – CAUTION: Hot Fat! Remove accessory with care.				
Thick	454 g (8)	GRILL 1	15-17	Place on wire rack on metal tray on turntable. Turn halfway.
TURKEY				
Turkey, whole		**Combi:** 160°C + LOW power	12-14 min. per 450 g	Place on metal tray on turntable. Turn halfway.
FRESH VEGETABLES – Place in shallow micro-safe dish.				
Asparagus	450 g	HIGH power	6-8	Add 90 ml (6 tbsp) water. Cover.
Broad Beans	450 g	HIGH power	6	
Runner Beans	450 g	HIGH power	7	
Beetroot	450 g	MEDIUM power	12	
Broccoli	450 g	HIGH power	8	
Brussel Sprouts	450 g	HIGH power	8-9	
Cabbage - sliced	450 g	HIGH power	7-9	
Carrots - sliced	450 g	HIGH power	7-9	
Cauliflower - florets	450 g	HIGH power	9	
Courgettes	450 g	HIGH power	5	

POINTS FOR CHECKING
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Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instructions/Guidelines
FRESH VEGETABLES – Place in shallow micro-safe dish.				
Corn on the Cob	450 g	HIGH power	6-7	Add 90 ml (6 tbsp) water. Cover.
Leeks - sliced	450 g	HIGH power	7-8	
Mushrooms	450 g	HIGH power	5	
Parsnips - sliced	450 g	HIGH power	6-7	
Peas	450 g	HIGH power	4-6	
Potatoes - boiled	450 g	HIGH power	6-7	
Potatoes - par-boiled	450 g	HIGH power	4-5	
Potatoes - jacket (225 g)	1	HIGH power or	5	Wash and prick skins several times. Place directly on glass turntable if cooking by microwave. If cooked by combination place directly on metal tray on turntable. Allow to stand for 5 mins. Or use Auto Program Jacket Potato.
		Combi: 220°C + SIM power	15	
	2	HIGH power or	8	
		Combi: 220°C + SIM power	20	
	4	HIGH power or	13	
		Combi: 220°C + SIM power	25	
	6	HIGH power	18-20	
		Combi: 220°C +SIM power	30	
Spinach	450 g	HIGH power	7	Add 90 ml (6tbsp) water. Cover.
Swede - cubed	450 g	HIGH power	7-8	

POINTS FOR CHECKING
Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instructions/Guidelines
FROZEN VEGETABLES – Place in shallow micro-safe dish.				
Beans - broad	450 g	HIGH power	8	Add 30 ml (2tbsp) water. Cover.
Beans - green	450 g	HIGH power	8-9	
Brocolli	450 g	HIGH power	9	
Brussels Sprouts	450 g	HIGH power	9-10	
Cabbage - shredded	450 g	HIGH power	5-6	
Carrots - sliced	450 g	HIGH power	8	
Cauliflower	450 g	HIGH power	10	
Peas	450 g	HIGH power	6-7	
Spinach - nuggets	450 g	HIGH power	8-9	
Sweetcorn	450 g	HIGH power	7	
MISCELLANEOUS				
Frozen Yorkshire puddings	450 g	**Preheat convection:** 220°C **Convection:** 220°C	15	Place directly onto metal tray.

POINTS FOR CHECKING
Always check that food is piping hot after reheating in the microwave. If unsure return to oven. Foods will still require a STAND TIME, especially if they cannot be stirred. The denser the food the longer the stand time.

Increasing and Decreasing Recipes

INCREASING RECIPES

- **To increase a recipe from 4 to 6 servings,** increase each ingredient listed by half. To double the quantity, simply double every ingredient listed.
- Do not forget that large quantities will require a larger dish. Make sure that it is deep enough to prevent the recipe from boiling over during cooking.
- Cover as directed in the recipe. Stir or rearrange foods as recommended.
- Increase the stand times by 5 mins. per lb.
- Always check the recipe during cooking.
- When increasing the ingredients to 6 servings, add an extra one third of the original cooking time, i.e. 30 mins. on MEDIUM power for 4 servings will become 40 mins. on MEDIUM power for 6 servings.
- **When doubling a recipe from 4 to 8** add on half the original cooking time, i.e. 30 mins. on MEDIUM power for 4 servings will become 45 mins. on MEDIUM power for 8 servings.

DECREASING RECIPES

- To decrease a recipe from 4 servings to 2 servings, halve the ingredients listed.
- Choose a dish that is proportionally smaller than the one recommended in the recipe, however make sure it is deep enough to stop food boiling over.
- Allow half to two-thirds of the original cooking time, i.e. 30 mins. on MEDIUM power for 4 servings will become 15-20 mins. on MEDIUM power for 2 servings.

Using Recipes from Other Books

The best way to convert a family favourite dish is to find a similar recipe in a cookery book to give you a guide to the correct method and timings to use.

Many cookbooks refer to 650W ovens, however since 1990 oven output powers have been set by a new standard (IEC). When using other cookbooks, the 1000 W output power of your oven must be allowed for. Use the same power level suggested e.g. HIGH or MEDIUM and select the same cooking time suggested, however CHECK the progress of the food during cooking and adjust the time if necessary.

Cooking for One

- For one serving quarter ALL ingredients listed.
- Choose a dish that is proportionally smaller than the one recommended in the recipe.
- Use the same cooking power recommended in the original recipe.
- Start by cooking for one quarter of the recommended cooking time, although extra time in most cases will be required.
- Always check the food during cooking.
- There is not a great saving for reduced quantities of soups, casseroles, stews and rice, as a minimum time is required to tenderise meats and blend flavours.
- When cooking for one it often makes sense to cook for two and plate up both meals. Freeze one meal for a later date.

Soups and Starters

Carrot & Celery Soup Serves 4

Ingredients
25 g (1 oz) butter or margarine
1 large onion, peeled and finely chopped
675 g (1½ lb) carrots, peeled and sliced
4 sticks celery, chopped
1 litre (1¾ pt) hot vegetable stock
1 small orange, grated rind and juice of
salt and pepper
30 ml (2 tbsp) chopped parsley

Dish: 3 litre (6pt) bowl **Oven Accessory: glass turntable**

1. Place the butter and onion in bowl. Cover and cook on **HIGH** power for 3 mins. or until softened.
2. Stir in the carrots and celery. Cover and cook on **HIGH** power for 8-10 mins. or until vegetables are softened. Stir halfway during cooking.
3. Pour in the stock. Cover and cook on **HIGH** power for 5 mins. and then **LOW** power for 15 mins. or until the vegetables are tender.
4. Drain the vegetables and coarsely puree with a little of the stock, then return to the bowl with the remaining stock.
5. Add the orange rind and juice, season to taste. Cover and cook on **HIGH** power for 3-4 mins. or until piping hot. Serve garnished with chopped parsley.

Cream of Mushroom Soup Serves 4

Ingredients
25 g (1 oz) butter
1 small onion, chopped
600 ml (1 pt) hot chicken stock
225 g (8 oz) button mushrooms, sliced
bouquet garni
15 ml (1tbsp) cornflour
300 ml (½ pt) milk
salt and pepper
60 ml (4 tbsp) single cream

Dish: 3 litre (6pt) bowl **Oven Accessory: glass turntable**

1. Place the butter and chopped onion in a large bowl. Cover and cook on **HIGH** power for 3 mins. or until soft.
2 Add the stock, mushrooms and bouquet garni. Cover and cook on **HIGH** power for 15-20 mins. or until mushrooms are soft.
3. Remove the bouquet garni and blend the soup until smooth. Mix the cornflour with a little of the milk, then stir in remaining milk. Add to the mushroom mixture.
4. Cover and cook on **HIGH** power for 5 mins. or until thickened. Stir halfway. Season and serve with cream swirled on top.

Baked Stuffed Tomatoes

Serves 4

Ingredients
4 beef tomatoes
seasoning
3 ml (1/2 tsp) dried basil
4 eggs
200 g (7 oz) mozzarella cheese

Dish: Shallow heatproof dish

Oven Accessory: glass turntable + metal tray

1. Pre-heat oven on convection 210°C.
2. Slice the tops off the tomatoes. Deseed, scoop out the centre and discard.
3. Drain tomatoes upside down on kitchen paper then place tomatoes right way up in heatproof dish.
4. Sprinkle inside with salt and pepper and dried basil.
5. Break in whole egg, and cover the top with slices of mozzarella cheese.
6. Cook in preheated oven on **CONVECTION 190˚C + SIMMER** for 20-25 mins. or until browned on top.

Mushroom Paté

Serves 4

Ingredients
1 bag of young spinach leaves
25 g (1 oz) butter
2 garlic cloves, crushed
450 g (1 lb) flat black mushrooms,
finely chopped
75 g (3 oz) fine oatmeal
1 egg yolk
100 g (4 oz) cream cheese
30 ml (2 tbsp) chopped fresh herbs
15 ml (1 tbsp) lemon juice

Dish: 18 cm (7") souffle dish lightly greased
Oven Accessory: glass turntable + metal tray

1. Remove the stalks from the spinach and use the leaves to line the souffle dish, reserving leaves for the top.
2. Place the butter and garlic in a large dish, cover and cook on **HIGH** power for 1 min. or until melted. Add the mushrooms, recover and cook on **HIGH** power for 5 mins. or until softened. Stir in remaining ingredients and beat well.
3. Spoon the paté mixture into the lined souffle dish and cover with the reserved spinach leaves. Cover with a circle of greaseproof paper and cook on **Combination: CONVECTION 190°C + SIMMER power** for 20 mins. or until firm to the touch. Leave to cool before serving.

Pork and Chicken Terrine Serves 4-6

Ingredients
250 g (9 oz) streaky unsmoked bacon, derinded
225 g (8 oz) pork fillet
225 g (8 oz) chicken breast
2 onions, finely chopped
2 cloves garlic
100 g (4 oz) pistachio nuts, shelled
15 ml (1 tbsp) green peppercorns
30 ml (2 tbsp) brandy
5 ml (1 tsp) dried basil
15 ml (1 tbsp) parsley, chopped
salt and pepper
1 egg, beaten
225 g (8 oz) thick slice of ham, cut into thin strips

Dish: 900 g (2 lb) Pyrex® loaf dish

Oven Accessory: glass turntable + metal tray

1. Line base and sides of loaf dish with bacon rashers, stretching each rasher slightly with a knife. Reserve 3-4 rashers for top.
2. Chop pork and chicken coarsely in a food processor. Place in bowl. Process onions and garlic coarsely.
3. Mix together meat, onions, garlic, nuts, peppercorns, brandy, basil, parsley, salt and pepper. Bind together with the egg.
4. Spread half the mixture in the dish. Layer ham on top of the mixture and then spread remaining meat mixture on top. Lay reserved bacon on top. Cover with a piece of greaseproof paper.
5. Cook on **Combination: CONVECTION 160°C + WARM power** for 40-45 mins. or until firm.

Goats Cheese & Basil Ciabatta Serves 4

Ingredients
2 ciabatta rolls
1 clove garlic, halved
1 beef tomato
100 g (4 oz) goats cheese
8 stoned black olives
15 ml (1 tbsp) olive oil
fresh basil, chopped
pepper

Oven Accessory: glass turntable, metal tray + wire rack

1. Halve the rolls, rub each half with garlic and place on the wire rack on metal tray. Cook on **GRILL 1** for 3-4 minutes or until lightly toasted.
2. Slice the tomato and goats cheese. Quarter the olives.
3. Top each half with the sliced tomato, crumble the goats cheese and olives. Drizzle with olive oil and place on the wire rack on the metal tray. Cook on **GRILL 1** for 6-7 minutes or until the cheese is golden and bubbling.
4. Sprinkle with basil and season with pepper. Serve immediately.

Fish

Fish cooks very well by microwave as it stays moist and the lingering fish smells left in conventional ovens are avoided.

WHEN IS FISH COOKED?

Fish is cooked when it flakes easily and becomes opaque.

For fish with a strong odour, eliminate the smell after cooking by placing 600 ml (1 pt) of boiling water and 1 sliced lemon in a large bowl, cook on SIMMER for 20 mins. Wipe out oven with a dry cloth.

WHOLE FISH

If cooking 2 whole fish together, they should be arranged head to tail for even cooking.

Large whole fish must have the tail and head shielded halfway through cooking with smooth pieces of tin foil secured with cocktail sticks.

ARRANGING

Thin fillets of fish i.e. plaice, should be rolled up prior to cooking to avoid overcooking on the thinner outside edge and tail.

Fish steaks should be arranged in a circle, thicker part to the outside. Cover with cling film or lid.

LIQUID

Fresh fish should always be sprinkled with 30 ml (2 tbsp) of lemon juice, white wine or water.

When cooking **Frozen** fish, add liquid as above for even cooking.

Do not sprinkle salt onto fish before cooking as this may make the fish dry.

NOISE

During cooking, popping sounds may be heard. This is due to moisture trapped between the flesh, particularly with oily fish such as salmon and mackerel. This can be minimised when cooking if the skin and flesh is pierced several times with a cocktail stick.

Tuna Fish Cakes Serves 4

Ingredients
350 g (12 oz) peeled potatoes
25 g (1 oz) butter
1 small onion, finely chopped
200 g (7 oz) can tuna, drained
1 egg, hardboiled, chopped
30 ml (2 tbsp) fresh parsley, chopped
10 ml (2 tsp) lemon juice
salt and pepper
2 eggs, beaten
100 g (4 oz) breadcrumbs

Oven Accessory: glass turntable + metal tray + wire rack

1. Cook potatoes with 45 ml (3 tbsp) water, covered on **HIGH** power for 6-8 mins. or until cooked. Drain.
2. Place butter and onion in a bowl, cover and cook on **HIGH** power for 4 mins. or until soft. Add potatoes and mash.
3. Stir in tuna, hard boiled egg, parsley, lemon juice and 1 beaten egg, season well.
4. Shape into 8 cakes and coat in 2nd beaten egg and breadcrumbs.
5. Place on metal tray on wire rack and cook on **Combination: CONVECTION 220˚C + WARM power** for 12-15 mins. or until brown, turning halfway.

Special Occasion Fish Pie Serves 4

Ingredients
450 g (1 lb) white fish
50 g (2 oz) butter
50 g (2 oz) flour
450 ml (3/4 pt) milk
300 ml (1/2 pt) white wine
450 g (1 lb) mixed seafood
6 gherkins, diced
15 ml (1 tbsp) fresh parsley
10 ml (2 tsp) dill
salt and pepper

Rosti topping:
450 g (1 lb) peeled potatoes
15 ml (1 tbsp) capers
50 g (2 oz) butter, melted
50 g (2 oz) cheddar cheese, grated

Dish: gratin dish

Oven Accessory: glass turntable + metal tray

1. Place the white fish with 2 tbsp water in a shallow dish. Cover and cook on **HIGH** power for 4-5 mins or on AUTO FISH program. Drain, skin, bone and flake.
2. Make the sauce by melting the butter in a large jug on **HIGH** power for 1 min. Add the flour and stir well. Mix in the milk and wine and cook on **HIGH** power for 4-5 mins. Stir halfway. Mix in the fish, mixed seafood, gherkins and herbs. Season and pour into the dish.
3. Grate the potatoes and mix in the capers, melted butter and grated cheese. Place lightly on the fish sauce without pressing firmly to keep the grated form. Cook on **Combination: CONVECTION 220°C + SIMMER** power for 30-35 mins. or until piping hot and golden.

Stuffed Citrus Trout Serves 4

Ingredients
4 trouts, 350 g (12 oz) each
Stuffing:
1 bunch spring onions, finely chopped
100 g (4 oz) button mushrooms, finely sliced
grated rind and juice of 1 orange
2½ cm (1") cube fresh ginger, peeled and grated
dash of Soy sauce

juice of 1 orange
juice of 1 lime
black pepper
25 g (1 oz) butter

Oven Accessory: glass turntable, metal tray and wire rack

1. Wash the fish and pat dry. Fill the fish cavities with the combined stuffing ingredients and arrange the fish in a shallow dish.
2. Pour over the orange and lime juice. Season and marinade for one hour.
3. Dot with butter, place the fish two at a time on the metal tray on the wire rack.
4. Cook on **GRILL 1** for 12 mins. or until crisp and brown. Turn halfway. Repeat with remaining fish.

Salmon & Vegetable Mornay Serves 4

Ingredients
100 g (4 oz) broccoli
100 g (4 oz) cauliflower
1 medium red pepper, diced
198 g (7 oz) can salmon, drained
25g (1 oz) butter
30 ml (2 tbsp) plain flour
300 ml (½ pt) milk
50 g (2oz) grated tasty cheese
150 ml (¼ pt) cream (optional)
salt and pepper to taste
15 g (½ oz) butter
75 g (3 oz) fresh white breadcrumbs
15 ml (1 tbsp) chopped fresh parsley
pinch paprika

Dish: 20 x 25 cm (8" x 10") dish

Oven Accessory: glassturntable + metal tray

1. Break broccoli and cauliflower into florets, add red pepper and 2 tbsp water. Cover and cook on **HIGH** power for 5-6 mins. or until soft. Drain.
2. Flake salmon and mix with vegetables.
3. Melt butter in jug on **HIGH** power for approx. 20-30 secs. Stir in flour then milk. Cook on **HIGH** power for 2 mins. or until mixture boils and thickens; stir halfway. Stir in cheese, cream and seasoning. Pour cheese sauce over vegetables and salmon.
4. Melt extra butter in a small bowl on **HIGH** power for approx. 15-20 secs. Stir in breadcrumbs, parsley and paprika. Sprinkle over vegetable mixture.
5. Cook on **Combination: 220°C + LOW power** for 10-12 mins. or until golden brown.

Bouillabaisse Serves 6

Ingredients
225 g (8 oz) tomatoes
125 ml (4 fl.oz) olive oil
30 ml (2 tbsp) tomato puree
2 onions, chopped
1 large leek, sliced
4 garlic cloves, crushed
1.2 ltr (2 pt) fish stock
salt and black pepper
150 ml (1/4 pt) dry white wine
4 sprigs thyme
small piece of orange peel
4 strands saffron
5 ml (1 tsp) chilli sauce
450 g (1 lb) cod, haddock or coley
450 g (1 lb) mixed seafood
4 large fresh prawns
bunch of dill to garnish

Dish: 3 litre (6 pt) casserole
Oven Accessory: glass turntable

1. Skin the tomatoes and cut into four pieces, removing the cores. Place the oil and tomato puree in a large bowl, heat on **HIGH** power for 1 min. and mix well. Add the onions and leek, cook on **HIGH** power for 3-4 mins. or until soft.
2. Add the garlic, tomatoes, stock, seasoning, wine, thyme, orange peel, saffron and chilli sauce. Heat on **HIGH** power for 3-4 mins. Skin the fish, cut into chunks and add to the tomato liquid. Cook on **HIGH** power for 3-4 mins. or until the fish is cooked. Add the mixed seafood and prawns and heat again for 2-3 mins. on **HIGH** power or until hot, taking care not to overcook the fish.
3. Serve garnished with dill.

Haddock and Spinach Florentine Serves 4

Ingredients
50 g (2 oz) butter
50 g (2 oz) flour
450 ml (3/4 pt) milk
100 g (4 oz) Cheddar cheese, grated
salt and pepper
pinch grated nutmeg
450 g (1 lb) frozen spinach
450 g (1 lb) smoked haddock fillet, skinned
50 g (2 oz) breadcrumbs
pinch paprika

Dish: 20 cm (8") square dish Oven Accessory. glass turntable + metal tray

1. Mix together the butter, flour and milk in a large jug and cook uncovered on **HIGH** power for 4-5 mins. or until the sauce has thickened, whisking every minute. Stir in half of the cheese and season well with salt, pepper and nutmeg.
2. Place spinach in the dish and cook covered on **HIGH** power for 6-7 mins. or until cooked. Place in a sieve and drain thoroughly, then place back into the dish.
3. Place the fish in a single layer on top of the spinach. Cover and Cook on **HIGH** power for 4-5 mins. or until tender.
4. Pour the cheese sauce over the fish to cover it completely. Cook uncovered on **HIGH** power for 3 mins. then sprinkle the remaining cheese, breadcrumbs and paprika on top. Cook on **GRILL 1** for 5-6 mins. or until brown and crisp.

Meat and Poultry

Guidelines

DEFROSTED JOINTS

If the meat has previously been frozen, ensure it is properly thawed before cooking by microwave. Defrosted joints of meat must be allowed to **STAND** for a **minimum of 1 hour.** before cooking to ensure the centre is fully defrosted.

FAT

Large amounts of fat absorb microwave energy and can cause the meat next to it to overcook. Always choose joints that aren't excessively fatty.

TURNING

Joints and poultry **should be turned over** halfway through cooking.

SHIELDING

Large joints may need shielding with pieces of smooth aluminium foil after half the cooking time to avoid overcooking on the outside edges. Turkeys and large chickens should have their breast meat, legs and wings protected. Secure foil with cocktail sticks and **do not** allow foil to touch the walls of the oven.

How to roast a joint by Combination

Place the joint on Metal Tray and place on Glass Turntable.

STANDING TIME

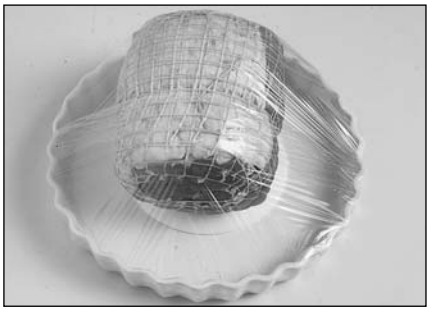
Meat and poultry require a **minimum of 15 mins. STANDING TIME** wrapped in aluminium foil after cooking by microwave. Roast meat is always easier to carve after STANDING and the meat will continue to cook during the STAND TIME.

BONE

Bone tips on legs of lamb and crown roasts may need shielding when cooked by microwave, to prevent overcooking.

How to roast a joint by microwave

To roast basic joints of meat place the joint onto the rack of a microwave roasting set and cover with a dome lid. Alternatively use a large, shallow dish and place the joint on an upturned saucer and cover with cling film.



ROASTING BAGS

Roasting bags are useful when split up one side to tent a joint for roasting by power and time.

Do not use the metal twists supplied.

TIPS

Braised and stewed meat cooked in a microwave has a slightly firm texture and therefore it is essential to purchase good quality meats.

When cooking a casserole, place a saucer or small upturned plate over the meat to keep it submerged in the juices.

How to cook small cuts of meat by microwave

Some cuts of meat can be cooked successfully by microwave although due to their short cooking times and no heat source, they will not crisp and brown.

They should always be cooked on a microwave rack to lift them out of their juices.

Crispy Bacon - place on a microwave safe rack (optional extra obtainable from cookware shops). Cover with a plain piece of kitchen towel to minimise splatter. Cook on **HIGH** power for approx. 45 secs. per rasher, or until desired crispness is achieved.

Coq au Vin

Serves 4

Ingredients

4 chicken portions approx. 1.2 kg (2½ lb) in weight
5 ml (1 tsp) mixed herbs
salt and pepper
100 g (4 oz) streaky bacon
100 g (4 oz) button mushrooms
1 clove garlic, crushed
450 g (1 lb) whole shallots
30 ml (2 tbsp) brandy
300 ml (½ pt) red wine
300 ml (½ pt) chicken stock

Dish: large casserole with lid

Oven Accessory: glass turntable + metal tray

1. Place all ingredients in casserole dish.
2. Cover and cook on **Combination: CONVECTION 160°C + WARM power** for 1hr 10 mins. or until cooked through. Stir halfway during cooking.
3. Remove skin from chicken pieces and skim off any excess fat. Thicken using a little cornflour mixed with water. Serve sprinkled with chopped parsley.

Chicken Satay

Serves 4-6

Ingredients

4 chicken breast fillets, skinned
100 g (4 oz) creamed coconut
45 ml (3 tbsp) lemon juice
30 ml (2 tbsp) soy sauce
30 ml (2 tbsp) vegetable oil
2 garlic cloves, crushed
5 ml (1 tsp) ground turmeric
5 ml (1 tsp) five-spice powder
5 ml (1 tsp) coriander seeds
5 ml (1 tsp) cumin seeds
90 ml (6 tbsp) crunchy peanut butter
large pinch of chilli powder

Dish: 8 wooden skewers
Oven Accessory: glass turntable + metal tray + wire rack

1. Cut the chicken into small chunks and place in a bowl. Place 50 g (2 oz) creamed coconut, 30 ml (2 tbsp) lemon juice and 15 ml (1 tbsp) soy sauce into a blender or food processor. Add the oil, garlic, turmeric, five spice, coriander and cumin and blend until smooth.
2. Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight.
3. For the serving sauce: Pour 50 g (2 oz) of creamed coconut into a large jug. Add the peanut butter, 15 ml (1tbsp) of the lemon juice, 15ml (1tbsp) of the soy sauce, the chilli powder and 80 ml water. Cook on **HIGH** power for 5-6 mins. or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.
4. Thread the chicken onto wooden skewers. Place on wire rack on metal tray and cook on **Combination: Convection 220°C + WARM power** for 22 mins. or until cooked through, turning occasionally. Serve hot with sauce for dipping.

Hawaiian Ribs Serves 2

Ingredients
1 kg (2½ lb) pork spare ribs
300 ml (½ pt) water
225 g (8 oz) can crushed pineapple
150 ml (¼ pt) HP Fruity Sauce
15 ml (1 tbsp) brown sugar
45 ml (3 tbsp) soy sauce
5 ml (1 tsp) fresh grated ginger

Dish: 20 x 25 cm (8 x 10") rectangular dish

Oven Accessory: glass turntable + metal tray + wire rack.

1. Place the ribs in a single layer in dish with the water, cover and cook on **HIGH** power for 10 mins. Drain.
2. Place all other ingredients in blender and blend until smooth. Dip each rib in the sauce ensuring they are well coated.
3. Place on wire rack on metal tray and cook on **Combination: CONVECTION 220°C + LOW power** for 10 mins. or until cooked and crisping. Baste with extra sauce if required. Turn occasionally.

Casserole Pork with Herby Dumplings Serves 4

Ingredients
30 ml (2 tbsp) oil
1 medium onion, chopped
1 green pepper, deseeded and chopped
225 g (8 oz) carrots, sliced
450 g (1 lb) lean pork, cubed
30 ml (2 tbsp) seasoned flour
5 ml (1 tsp) ground bay leaves
5 ml (1 tsp) dried sage
salt and pepper
300 ml (½ pt) dry cider
Dumplings:
175 g (6 oz) self raising flour
75 g (3 oz) suet
pinch of salt
5 ml (1 tsp) mustard powder
15 ml (1 tbsp) fresh parsley, chopped
150 ml (¼ pt) cold water

Dish: large casserole and lid

Oven Accessory: glass turntable + metal tray

1. Place oil, onion, green pepper and carrots in dish, cover and cook on **HIGH** power for 5 mins. or until soft.
2. Toss pork in seasoned flour and add to onion mixture. Stir in all other ingredients, cover and cook on **Combination: CONVECTION 160°C + WARM power** for 1hr or until pork is tender.
3. Whilst cooking make the dumplings by combining the flour, suet, salt, mustard and parsley. Add the water to make a stiff dough. Shape dough into 8 round dumplings.
4. When pork is cooked uncover and place dumplings around the edge of dish. Cook uncovered on **Combination: CONVECTION 160°C + WARM power** for 15 mins. or until dumplings are cooked through.

Toad In The Hole

Serves 4

Ingredients
100 g (4 oz) plain flour
3 ml (½ tsp) salt
2 eggs
300 ml (½ pt) milk and water
25 g (1 oz) lard or dripping
450 g (1 lb) sausages

Dish: 25 x 18 cm (10" x 7") oblong tin

Oven Accessory: glass turntable + metal tray

1. Preheat oven on **CONVECTION 220°C**.
2. Sift flour and salt in a bowl. Add eggs and half the liquid. Beat until smooth. Gradually stir in remaining liquid.
3. Put fat in tin with sausages and place in the preheated oven. Enter a cooking time of 5-6 mins. This is to heat the fat to sizzling point.
4. Pour in the batter and cook for 30-35 mins. or until the batter is well risen and golden brown.

Creamy Chicken Gratin

Serves 4

Ingredients
350 g (12 oz) leeks, trimmed
25 g (1 oz) butter
30 ml (2 tbsp) plain flour
300 ml (½ pt) milk
225 g (8 oz) cooked chicken, chopped
100 g (4 oz) ham, chopped
175 g (6 oz) Gruyere cheese, grated
4 frozen individual garlic bread slices

Dish: 24 cm (9") round gratin dish
Oven Accessory: glass turntable + metal tray

1. Slice the leeks and place in a large bowl with the butter. Cover and soften on **HIGH** power for 3-4 mins. or until softened.
2. Add the flour and mix well. Stir in the milk and heat on **HIGH** power for 4-5 mins. or until thickened. Stir halfway. Add the chicken, ham and cheese then season and mix well.
3. Pour into the dish and top with the garlic bread slices. Cook on **Combination: CONVECTION 220°C + LOW power** for 15-17 mins or until piping hot and golden.

Harvest Pork Casserole Serves 4-6

Ingredients
700 g (1½ lb) boneless leg of pork, cubed
225 g (8 oz) onion, chopped
450 g (1 lb) parsnips, sliced
1 garlic clove, crushed
15 ml (1 tbsp) ground coriander
5 ml (1 tsp) cumin seeds or ground cumin
30 ml (2 tbsp) flour
300 ml (½ pt) beef stock
300 ml (½ pt) apple juice
salt and pepper

Dish: large casserole and lid

Oven Accessory: glass turntable + metal tray

1. Place the cubed pork, chopped onion, sliced parsnips, crushed garlic, coriander and cumin in a large casserole dish.
2. Stir in the flour.
3. Gradually add the stock, apple juice and seasoning.
4. Cover and cook on **HIGH** power for 15 mins. Stir then cover and cook on **Combination: CONVECTION 160°C + WARM power** for 1 - 1½ hours or until the meat is tender.

Steak and Kidney Pudding Serves 4

Ingredients
Filling:
350 g (12 oz) braising steak, cubed
100 g (4 oz) kidney, cubed
30 ml (2 tbsp) seasoned flour
1 onion, chopped
600 ml (1 pt) hot beef stock
Pudding:
175 g (6 oz) self-raising flour
pinch salt
75 g (3 oz) suet
cold water to mix
15 ml (1 tbsp) cornflour

Dish: 1.5 litre (3 pt) casserole + 1.2 litre (2 pt) pudding basin

Oven Accessory: glass turntable

1. Combine all filling ingredients in casserole. Place upturned plate on top of meat, cover and cook on **HIGH** power for 10 mins. then **SIMMER** power for 60 mins. or until meat is tender. Remove plate.
2. Mix flour, salt and suet together. Mix to a firm dough with cold water.
3. Roll out ¾ of the pastry to line basin.
4. Remove meat with a slotted spoon and fill basin. Mix cornflour with water and stir into the gravy. Cook on **HIGH** power for 2 mins. stirring once, or until gravy has thickened. Pour 60 ml (4 tbsp) of gravy over the meat and reserve the rest for serving. Roll remaining pastry to form a lid, moisten the edges and seal over the top of the meat.
5. Cook on **MEDIUM** power for 10-12 mins. or until pastry looks dry.

Belgian Beef Casserole

Serves 4

Ingredients
675 g (1½ lb) braising steak, cubed
3 large onions, sliced thinly
1 clove garlic, crushed
30 ml (2 tbsp) seasoned flour
15 ml (1 tbsp) brown sugar
300 ml (½ pt) hot beef stock
300 ml (½ pt) light ale
15 ml (1 tbsp) wine vinegar
5 ml (1 tsp) mixed herbs
2 bay leaves
Topping:
8 x 2.5 cm (1") slices of French bread
15 ml (1 tbsp) French mustard
60 ml (4 tbsp) butter, softened
1 clove garlic, crushed

Dish: large casserole with lid

Oven Accessory: glass turntable + metal tray

1. Combine all the casserole ingredients in dish. Cover with lid and cook on **Combination: CONVECTION 160˚C + WARM power** for 1hr, or until meat is tender. Remove bay leaves.
2. Blend mustard, butter and garlic. Spread over one side of each bread slice.
3. Uncover casserole and arrange bread on top. Return to oven and cook uncovered on **Combination: CONVECTION 160˚C + WARM power** for a further 8-10 mins. The casserole is ready when the bread slices are crisp and golden.

Savoury Mince

Serves 4

Ingredients
1 onion, diced
1 clove garlic, crushed
15 ml (1 tbsp) oil
397 g (14 oz) can chopped tomatoes
15 ml (1 tbsp) tomato puree
5 ml (1 tsp) mixed herbs
450 g (1 lb) mince
salt and pepper

Dish: 1.5 litre (3 pt) casserole dish
Oven Accessory: glass turntable

1. Place onion, garlic and oil in casserole, cover and cook on **HIGH** power for 2 mins. or until soft.
2. Place all other ingredients in casserole. Stir well.
3. Cover and cook on **HIGH** power for 10 mins. then **MEDIUM** power for 15-20 mins. or until cooked.

Variation: Chilli Con Carne
Add 396 g (14 oz) can red kidney beans drained, 5-10 ml (1-2 tsp) chilli powder, 1 diced green pepper to the ingredients above.

Shepherd's Pie

Serves 4

Ingredients
1 medium onion, chopped
2 carrots, chopped
25 g (1 oz) butter
350 g (12 oz) cold cooked beef or lamb, minced
300 ml (½ pt) hot beef stock
3 ml (½ tsp) Worcestershire sauce
15 ml (1 tbsp) gravy thickening
5 ml (1 tsp) tomato puree
salt and pepper
675 g (1½ lb) potatoes, cubed
135 ml (9 tbsp) water
30 ml (2 tbsp) milk
25 g (1 oz) cheese

Dish: medium casserole

Oven Accessory: glass turntable + metal tray

1. Place onion, carrots and butter in casserole. Cover and cook on **HIGH** power for 3-5 mins. or until soft.
2. Add minced meat to vegetables and mix well. Mix together stock, Worcestershire sauce, gravy thickening and tomato puree, pour over meat and season to taste.
3. Cook potatoes with water, covered on **HIGH** power for 7-8 mins. Drain and mash well with the milk and spread on top of the meat, using a fork to make a pattern on top.
4. Sprinkle with cheese and cook on **Combination: CONVECTION 190°C + WARM power** for approximately 15-20 mins. or until top is crisp and golden.

Lasagne

Serves 4

Ingredients
1 quantity of Savoury Mince (see page 82)
double quantity of White Pouring Sauce (see page 98)
100 g (4 oz) grated cheese
5 ml (1 tsp) mustard
salt and pepper
12 sheets pre-cooked lasagne
(or sufficient for 3 layers)
60 ml (4 tbsp) Parmesan cheese

Dish: large rectangular dish approx. 27 x 23 cm (11" x 9")
Oven Accessory: glass turntable + metal tray

1. Add cheese and seasoning to the hot white sauce.
2. Cover the base of the dish with a layer of cheese sauce, then a layer of lasagne, followed by a layer of hot meat mixture. Continue with a layer of lasagne then meat, ending with a layer of cheese sauce.
3. Sprinkle Parmesan cheese over the top and cook on **Combination: CONVECTION 190°C + SIMMER power** for 15-20 mins. or until the pasta is tender and brown and crisp on top.

Hungarian Goulash

Serves 4

Ingredients

600 g (1 1/4 lb) braising steak, cubed
45 ml (3 tbsp) seasoned flour
600 ml (1 pt) hot beef stock
45 ml (3 tbsp) tomato puree
30 ml (2 tbsp) paprika
5 ml (1 tsp) sugar
60 ml (4 tbsp) soured cream

Dish: large casserole + lid

Oven Accessory: glass turntable + metal tray

1. Toss meat in the flour. Combine all ingredients except the soured cream in casserole dish.
2. Cook on **Combination: CONVECTION 160°C + WARM power** for 1hr 15 mins, or until the meat is tender.
3. Remove from oven and immediately stir in the soured cream. Serve with ribbon noodles.

Madras Curry

Serves 4

Ingredients

15 ml (1 tbsp) oil
1 large onion, sliced
3 cloves garlic, crushed
Spices and Flavourings:
10 ml (2 tsp) ground coriander
3 ml (1/2 tsp) chilli powder, ground cardamom, ground cloves
15 ml (1 tbsp) garam marsala
15 ml (1 tbsp) ground turmeric
5 ml (1 tsp) ground cumin
30 ml (2 tbsp) flour
15 ml (1 tbsp) tomato puree
450 g (1 lb) shoulder of lamb, cubed
juice of 1 lemon
5 ml (1 tsp) sugar
25 g (1 oz) sultanas
pinch of salt
450 ml (3/4 pt) hot stock

Dish: large casserole dish with lid

Oven Accessory: glass turntable + metal tray

1. Place the oil, onion and garlic in casserole dish. Cover and cook on **HIGH** power for 3 mins.
2. Blend in all the spices and cook on **HIGH** power for 2 mins.
3. Stir in the flour and tomato puree. Add all other ingredients including meat. Blend in hot stock.
4. Cover and cook on **Combination: CONVECTION 160°C + WARM** power for 1hr-1hr 30 mins. or until meat is tender. Serve with boiled rice and lemon or lime wedges and poppadoms.

Moussaka Serves 4

Ingredients
1 aubergine, sliced
Salt
30 ml (2 tbsp) oil
2 cloves garlic, crushed
1 medium onion, chopped
396 g (14 oz) can tomatoes
30 ml (2 tbsp) tomato puree
350 g (12 oz) lamb, cooked and
finely diced
salt and pepper
Topping:
2 eggs
150 ml (¼ pt) single cream
100 g (4 oz) cheese, grated
25g (1 oz) Parmesan cheese, grated

Dish: 20 cm (8") souffle dish

Oven Accessory: glass turntable + metal tray

1. Place aubergines in a large colander and sprinkle liberally with salt. Stand for 20 mins. or until bitter juices run out. Rinse well under cold water and drain.
2. Place oil, garlic, onion and aubergine in dish. Cover and cook on **HIGH** power for 2 mins. or until softened.
3. Add tomatoes and puree and cook re-covered on **HIGH** power for 7 mins. Add lamb and season, mix well.
4. Whisk eggs, cream and cheese together and pour over lamb. Sprinkle with Parmesan cheese and cook on **Combination: CONVECTION 190°C + SIMMER power** for 15-20 mins. or until topping is puffed and golden.

Kidneys Turbigo Serves 4

Ingredients
6 lambs kidneys
1 onion, sliced
25 g (1 oz) butter
100 g (4 oz) button mushrooms, halved
15 g (½ oz) flour
8 chipolata sausages, halved
60 ml (4 tbsp) red wine
60 ml (4 tbsp) hot beef stock
30 ml (2 tbsp) tomato puree
salt and pepper

Dish: large casserole

Oven Accessory: glass turntable

1. Skin, halve and core the kidneys. Remove any fat or gristle.
2. Place the onion and butter in the casserole. Cover and cook on **HIGH** power for 2 mins. or until the onion starts to soften.
3. Add the kidneys, cover and cook on **HIGH** power for 4 mins. Turn halfway during cooking.
4. Add remaining ingredients, cover and cook on **MEDIUM** power for 15-18 mins. or until the kidneys are tender. Stir halfway during cooking.

Pasta, Rice and Beans

Kedgeree

Serves 4

Ingredients
175 g (6 oz) easycook brown rice
450 ml (¾ pt) hot chicken stock
450 g (1 lb) smoked haddock
30 ml (2 tbsp) lemon juice
1 medium onion, chopped
15 ml (1 tbsp) oil
150 ml (¼ pt) soured cream
15 ml (1 tbsp) curry paste
100 g (4 oz) frozen peas
30 ml (2 tbsp) parsley, chopped
2 hardboiled eggs, chopped

Dish: large casserole
Oven Accessory: glass turntable

1. Place the rice and chicken stock in casserole, cover and cook on **HIGH** power for 15-17 mins. or until tender.
2. Place the fish in a shallow dish, sprinkle with lemon juice, cover and cook on **HIGH** power for 5-6 mins. or until cooked. Skin and flake.
3. Place onion and oil in a small dish, cover and cook on **HIGH** power for 3-4 mins. or until softened.
4. Combine the soured cream with curry paste. Mix into rice then stir in flaked fish, onion, peas, parsley, eggs and seasoning. Cover and cook on **HIGH** power for 5 mins. or until piping hot.

Lentil Biryani

Serves 4-6

Ingredients
100 g (4 oz) green lentils
15 ml (1 tbsp) oil
1 large onion, sliced
5 ml (1 tsp) grated root ginger
1 garlic clove, crushed
3 ml (½ tsp) turmeric
5 ml (1 tsp) chilli powder
10 ml (2 tsp) curry powder
150 ml (¼ pt) natural yoghurt
100 g (4 oz) mushrooms, sliced
2 tomatoes, peeled and chopped
300 ml (½ pt) hot water
50 g (2 oz) cashew nuts
450 g (1 lb) cooked basmati rice
Garnish:
hard boiled egg slices and coriander leaves

Dish: large casserole
Oven Accessory: glass turntable

1. Soak the lentils in cold water for 1 hour then drain them.
2. Place the oil and onion in a large bowl. Cover and cook on **HIGH** power for 3 mins. or until softened.
3. Add the ginger, garlic, turmeric, chilli and curry powder. Cover and cook on **HIGH** power for 2 mins.
4. Add the yoghurt, mushrooms, tomatoes, water and lentils. Cover and cook on **HIGH** power for 25-30 mins. or until the lentils are tender and the liquid has evaporated.
5. Add the lentil mixture and cashew nuts to the cooked rice and mix thoroughly. Reheat on **HIGH** power if necessary. Garnish and serve.

Tagliatelle Toscana Serves 4

Ingredients
1 large aubergine, cubed
salt
350 g (12 oz) tagliatelle, fresh
1 onion
1 clove garlic, crushed
15 ml (1 tbsp) olive oil
397 g (14 oz) tin of chopped tomatoes
5 ml (1 tsp) basil
15 ml (1 tbsp) tomato puree
15 g (½ oz) butter
salt and pepper
8-10 black olives, stoned
100 g (4 oz) mozzarella, diced
30 ml (2 tbsp) parmesan cheese, grated

Dish: deep casserole dish

Oven Accessory: glass turntable + metal tray

1. Sprinkle the aubergine with salt and leave for 20 mins, then rinse and dry.
2. Cook the pasta in 600 ml (1 pt) boiling water, covered, on **HIGH** power for 4 mins. or until tender. Drain.
3. Place onion, garlic and oil in a bowl, cover and cook on **HIGH** power for 2 mins. or until soft. Add the remaining ingredients except the mozzarella, tagliatelle and parmesan cheese, cover and cook on **HIGH** power for 6-8 mins.
4. Mix the drained pasta with the mozzarella. Place in a casserole dish. Pour the sauce over the top. Sprinkle with parmesan and cook on **Combination: CONVECTION 220˚C + WARM power** for 6-8 mins. or until golden brown and piping hot.

Roast Vegetable and Pasta Gratin Serves 4

Ingredients
1 aubergine
2 leeks
1 red, 1 green pepper
1 onion
1 clove of garlic
45 ml (3 tbsp) olive oil
225 g (8 oz) pasta shapes
225 g (8 oz) fresh spinach
White Sauce
40 g (1½ oz) butter
40 g (1½ oz) flour
1 pt (600 ml) milk
15 ml (1 tbsp) mustard
50 g (2 oz) Cheddar cheese, grated
150 g (5 oz) Boursin cheese
50 g (2 oz) Cheddar cheese, grated for topping

Dish: 25 cm (10") round shallow Pyrex® dish

Oven Accessory: glass turntable + metal tray

1. Pre heat oven **CONVECTION 220°C**. Chop all the vegetables except spinach into bite sized pieces and put in a roasting dish with the oil. Cook on **CONVECTION 220°C** 25-30 mins.
2. Cook the pasta shapes in 450 ml (¾ pt) boiling water on **HIGH** power for 5-6 mins or until soft. Drain. Wash the spinach and tear into small pieces.
3. Make the white sauce as per instructions on page 99, add the mustard, cheddar and Boursin cheese and stir thoroughly until smooth. Season well.
4. Mix the pasta, spinach and roast vegetables with the sauce and place in a large shallow dish. Sprinkle the top with cheese.
5. Cook on **Combination: CONVECTION 220°C + LOW power** for 10-15 mins or until golden brown.

Wild Mushroom and Basil Risotto Serves 4

Ingredients
40 g (1½ oz) dried Cep mushrooms
50 g (2 oz) butter
1 clove garlic, finely chopped
1 small onion, finely chopped
freshly ground black pepper
250 g (9 oz) Arborio rice
300 ml (½ pt) hot vegetable stock
12 basil leaves, torn

Dish: 3 litre (6 pt) casserole dish
Oven Accessory: glass turntable

1. Soak mushrooms in 300 ml (½ pt) warm water.
2. Place the butter, garlic and onion in a large bowl, cover with cling film and cook on **HIGH** power for 3 mins, or until softened. Season with freshly ground black pepper.
3. Stir the rice into the butter mixture and add the hot stock and soaking liquid from the mushrooms. Cover and cook for a further 5 mins on **HIGH** power.
4. Stir the mushrooms into the rice mixture. Cover and cook for a further 5 mins. on **HIGH** power.
5. Stir and add the basil. Continue to cook for the final 5 mins. on **HIGH** power. Leave to stand for approx. 10 mins and then stir with a fork.

Vegetable and Chick Pea Casserole Serves 4

Ingredients
1 medium onion, chopped
10 ml (2 tsp) vegetable oil
2 medium courgettes, sliced thickly
1 red pepper, seeded & chopped
2 medium carrots, peeled & thinly sliced
1 small cauliflower, cut into florets
100 g (4 oz) dried apricots, halved
2 cloves garlic, crushed
425 g (15 oz) can chick peas, drained
3 ml (½ tsp) each: ground turmeric, ground coriander, ground cumin
5 ml (1 tsp) paprika
2.5 cm (1") fresh root ginger, peeled and finely chopped
salt and pepper
450 ml (¾ pt) hot vegetable stock
chopped parsley to garnish

Dish: large casserole dish
Oven Accessory: glass turntable

1. Place the onion and oil in a large casserole dish. Cover and cook on **HIGH** power for 3 mins. or until starting to soften.
2. Add the prepared vegetables, apricots, garlic, chick peas and stir in the spices, salt, pepper and stock.
3. Cover and cook on **HIGH** power for 15-20 mins, or until vegetables are soft. Stir two or three times during cooking. Serve with couscous or rice and garnish with parsley.

TIP
To prepare couscous: Place 300 ml (½ pt) vegetable stock in a bowl and 1.2 ml (¼ tsp) turmeric. Cook on **HIGH** power for 4 mins. or until boiling. Add 175 g (6 oz) couscous and allow to stand for 5 mins. Fluff up with a fork before serving.

Cheese and Egg Dishes

Ham and Cheese Croissants Serves 4

Ingredients
1 can ready to bake croissants
6 cheese slices
6 wafer thin slices of ham
egg for glazing

Oven Accessory: glass turntable + metal tray

1. Preheat the oven on **CONVECTION 180°C**.
2. Prepare croissants by placing a slice of cheese and ham on each piece of dough before rolling.
3. Place on a round baking tray, brush with egg and cook for 10-12 mins. or until golden and cooked through.

Muffin Pizzas Serves 4

Ingredients
150 ml (¼ pt) Dolmio® sauce or Passata
100 g (4 oz) garlic sausage, cubed
1 clove garlic, crushed
1 small onion, diced
4 large muffins, halved
100 g (4 oz) cheese, grated
56 g can anchovy fillets
black olives to garnish

Oven Accessory: glass turntable + wire rack + metal tray

1. Place Dolmio® sauce, sausage, garlic and onion in a bowl and mix well.
2. Arrange muffin halves, 4 at a time on wire rack and toast on **GRILL 1** for 3-4 mins. or until browned.
3. Spread muffins with the mixture. Top with cheese, anchovies and olives.
4. Cook on **Combination: GRILL 1 + WARM power** for 9-10 mins. or until cheese has melted and is beginning to brown.

Cheese, Onion & Olive Scones

Ingredients
1 medium onion, finely diced
15 ml (1 tbsp) olive oil
175 g (6 oz) self-raising flour
3 ml (½ tsp) salt
3 ml (½ tsp) mustard powder
3 ml (½ tsp) cayenne pepper seasoning
25 g (1 oz) butter
40 g (1½ oz) strong cheddar cheese, grated
40 g (1½ oz) Parmesan cheese
25 g (1 oz) black olives, stoned and chopped
1 egg, beaten
45 ml (3 tbsp) milk
1 beaten egg for glazing

Dish: round baking sheet

Oven Accessory: glass turntable + metal tray

1. Place onion and oil in a bowl. Cover and cook on **HIGH** power for 2 mins. or until softened. Drain.
2. Preheat oven on **CONVECTION 200°C.**
3. Sift together the flour, salt, mustard and cayenne with seasoning. Rub in the butter.
4. Mix in onion, cheeses and olives. Beat egg and milk together. Pour into flour mixture and bring to a soft dough.
5. On a floured surface roll out dough to approx. 2 cm thick. Cut out rounds using a 5 cm pastry cutter and brush with beaten egg.
6. Place the dough rounds on a lightly greased baking sheet. Place on the metal tray and cook on **CONVECTION 200°C** for 15-18 mins. or until cooked and golden brown.

Welsh Rarebit Serves 4

Ingredients
4 thick slices of bread
Topping:
225 g (8 oz) grated cheese
5 ml (1 tsp) mustard powder
salt and pepper
60 ml (4tbsp) brown ale

Oven Accessory: Glass Turntable + Metal Tray + Wire rack

1. Arrange bread on wire rack. Grill on **GRILL 1** for 3 mins. 30 secs.
2. Mix all topping ingredients together. Cook covered on **LOW power** for 1 min. on glass turntable.
3. Turn bread slices over and spread topping evenly over them.
4. Grill on **GRILL 1** for 4-5 mins. or until bubbling and starting to brown.

Ingredients
4 slices bread, buttered
5 ml (1 tsp) Dijon mustard
2 slices smoked ham
100 g (4 oz) sliced cheese

Croque Monsieur

Serves 2

Oven Accessory: glass turntable + metal tray + wire rack

1. Place the bread, buttered side up on wire rack and cook on **GRILL 1** for approximately 3-4 mins. or until browning.
2. On 2 slices of the bread, spread the untoasted sides with mustard and top with ham and cheese. Cover with the other slices, browned side uppermost.
3. Place back on the wire rack and cook on **Combination: GRILL 1 + SIMMER power** for 1-2 mins. or until the cheese has melted.

Ingredients
175 g (6 oz) quick cooking macaroni
40 g (1½ oz) butter
1 small onion, finely chopped
100 g (4 oz) bacon, chopped
40 g (1½ oz) flour
600 ml (1 pt) milk
salt and pepper
5 ml (1 tsp) french mustard
150 g (5 oz) red cheese, grated
30 ml (2 tbsp) fresh brown breadcrumbs

Macaroni Cheese

Serves 4

Dish: large dish and jug

Oven Accessory: glass turntable + metal tray

1. Cook macaroni in 450 ml (¾ pt) boiling water. Cover and cook on **HIGH** power for 5-6 mins. or until soft. Drain.
2. Place butter, onion and bacon in a jug. Cover. Cook on **HIGH** power for 5 mins. or until onion is soft. Stir halfway through cooking.
3. Stir in flour and cook for 30 secs. on **HIGH** power.
4. Gradually add milk, stir well and season. Cook on **HIGH** power for 5-6 mins. or until sauce is thick and bubbling. Stir twice during cooking.
5. Add mustard and 100 g (4 oz) grated cheese. Add macaroni. Place the macaroni mixture in a large dish. Sprinkle with breadcrumbs and remaining cheese.
6. Cook on **Combination: CONVECTION 220°C + LOW power** for 10-12 mins. or until cheese starts to melt.

Vegetables and Vegetarian

- Root vegetables. i.e. carrots, swede, should be cut into slices, strips or cubes.
- Do not mix fresh and frozen vegetables as the cooking times may be different.

- Cabbage should be shredded and cooked by power and time.
- Fresh vegetables require 90 ml (6 tbsp) of water. For each extra 450 g (1 lb) add an extra 90 ml (6 tbsp) of water and stir halfway.

- If cooking potatoes with other vegetables, only cook with other ROOT vegetables.
- Never add salt to vegetables before microwaving. Remember the flavour of microwaved vegetables is much better than boiled.

- Always cook vegetables in a dish that is a suitable size. Use flat dishes not basins. Always cover with microwave cling film or a lid.

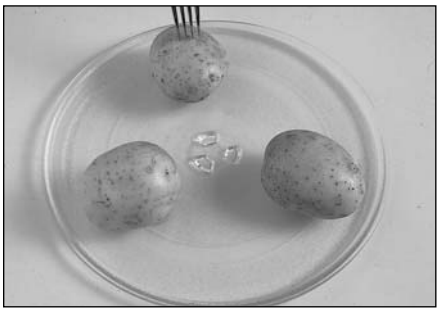
- Certain vegetables i.e. broccoli and asparagus, should be arranged so that the tips are in the centre of the dish, as these require less cooking.

- Whole cauliflower should be cooked upside down on MEDIUM power for 10 mins. approx. with 90 ml (6 tbsp) water.

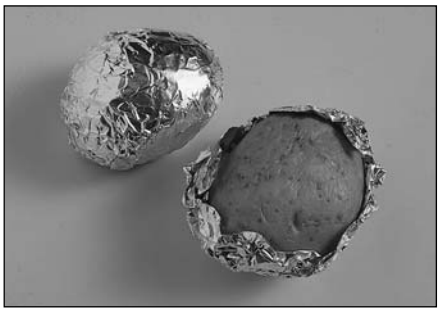
Jacket Potatoes

Varieties of potatoes vary in their suitability for cooking by microwave. We recommend Maris Piper for consistently good results. The cooking times given may need adjustment for other varieties. The ideal size of potato to be cooked by microwave is 175 g - 250 g (6-9 oz).

Before Cooking
Wash potatoes and prick skins several times. Spread around edge of turntable.



After Cooking
Remove from oven and wrap in aluminium foil to retain the heat. Leave to stand for 5 mins.



Vegetarian Chilli

Serves 4

Ingredients
15 ml (1 tbsp) oil
1 onion, finely chopped
1 green pepper, chopped
1 chilli, chopped
2 carrots, diced
5 ml (1 tsp) chilli powder
3 ml (½ tsp) cumin
175 g (6 oz) bulgar wheat
396 g (14 oz) can chopped tomatoes
30 ml (2 tbsp) tomato puree
450 ml (¾ pt) water
396 g (14 oz) can red kidney beans, drained

Dish: large casserole + lid
Oven Accessory: glass turntable

1. Place oil, onion, pepper, chilli and carrots in a large casserole, cover and cook on **HIGH** power for 4-5 mins. or until softened.
2. Add chilli and cumin. Stir in bulgar wheat, chopped tomatoes, tomato puree and water. Cover and cook on **HIGH** power for 10 mins. Stir in red kidney beans, cover and cook on **HIGH** power for 2-3 mins.

Vegetable Lasagne

Serves 4-6

Ingredients
1 large onion, chopped
25 g (1 oz) butter
1 clove of garlic, crushed
225 g (8 oz) each of diced carrots,
diced leeks, diced courgettes
1 green pepper, chopped
150 ml (¼ pt) hot vegetable stock
salt and pepper to taste
300 ml (½ pt) prepared tomato sauce
175 g (6 oz) pre-cooked lasagne
225 g (8 oz) Mozzarella cheese

Dish: large deep rectangular dish
Oven Accessory: glass turntable + metal tray

1. Place onion, garlic and butter in a casserole dish, cover and cook on **HIGH** power for 3-4 mins. Add vegetables and stock, re-cover and cook on **HIGH** power for 8-10 mins. or until vegetables are soft. Season to taste.
2. Cover base of dish with a thin layer of tomato sauce, then a layer of lasagne on top followed by a layer of vegetable mixture. Thinly slice 175 g (6 oz) of the cheese and layer on top of vegetables. Continue layering until ingredients are all used ending with a tomato sauce layer.
3. Grate remaining cheese and arrange over top in 3 diagonal bands. Cook on **Combination: CONVECTION 180°C + SIMMER power** for 15 mins. or until the pasta is cooked.

Leek & Potato Gratin

Serves 4

Ingredients
450 g (1 lb) leeks, sliced thinly
450 g (1 lb) potatoes, sliced thinly
150 g (5 oz) blue cheese
225 g (8 oz) Greek yoghurt
75 ml (5 tbsp) double cream
50 g (2 oz) brown breadcrumbs
salt and pepper

Dish: 25 cm (10") flan dish

Oven Accessory: glass turntable + metal tray

1. Place the vegetables in a large bowl. Add 90 ml (6 tbsp) of water, cover and cook on **HIGH** power for 10-12 mins. or until the vegetables are softened.
2. Crumble or finely chop the cheese into a bowl and gradually blend in the yoghurt and the double cream.
3. Drain the vegetables and arrange in a flan dish. Season and pour over the blue cheese cream mixture.
4. Sprinkle with breadcrumbs, cook on **Combination: CONVECTION 220˚C + LOW power** for 10 mins. or until golden brown.

Roast Vegetable Parcels

Serves 4

Ingredients
450 g (1 lb) mixed vegetables eg. sweet potato, red pepper, leeks, aubergine, courgettes, onion
1 clove garlic, crushed
30 ml (2 tbsp) olive oil
200 g (7 oz) can chopped tomatoes
10 ml (2 tsp) tomato puree
25 g (1 oz) pinenuts
50 g (2 oz) gruyère cheese, grated
100 g (4 oz) Boursin® cheese
15 ml (1 tbsp) single cream
275 g (10 oz) ready made puff pastry
1 egg to glaze

Dish: round baking sheet

Oven Accessory: glass turntable + metal tray

1. Pre-heat oven **CONVECTION 220°C**. Chop vegetables into 2.5 cm (1") chunks.
2. Add garlic and oil, mix thoroughly with mixed vegetables. Place onto metal tray.
3. Cook on**: CONVECTION 220°C** for 25-30 mins until vegetables are browned and al dente.
4. Place the chopped tomatoes and puree in a heatproof bowl uncovered and cook on **HIGH** power for 5 mins then **MEDIUM** power for 6-7 mins or until mixture is reduced in volume and thickened.
5. Mix the tomato sauce with the cooked vegetables and pinenuts.
6. Mix together the gruyère cheese, Boursin® and single cream.
7. Roll out pastry until it measures approx 14" (36 cm) square. Divide into 4 equal squares.
8. Place ¼ of the vegetable mixture in the centre of the square and top with ¼ of the cheese mixture.
9. Bring the corners of the pastry to the centre, pressing the edges together. Seal with water. Glaze with beaten egg.
10. Cook in a preheated oven on **CONVECTION 220°C** for 15-20 mins or until golden and cooked through.

Roast Potatoes

Serves 4

Ingredients
450 g (1 lb) potatoes
25 g (1 oz) butter
30 ml (2 tbsp) oil

Oven Accessory: glass turntable + metal tray

1. Peel and cut potatoes into quarters. Par boil and drain (see page 67).
2. Place potatoes, oil and butter on metal tray. Cook on **Combination: CONVECTION 220°C + WARM power** for 25 mins. turning and basting potatoes during cooking, or until crisp and brown.

Cauliflower Cheese

Serves 4

Ingredients
1 cauliflower, trimmed
90 ml (6 tbsp) water
25 g (1 oz) butter
25 g (1 oz) flour
3 ml (½ tsp) French mustard
300 ml (½ pt) milk
seasoning to taste
Topping:
75 g (3 oz) grated red cheese
15 ml (1 tbsp) brown breadcrumbs

Dish: shallow casserole

Oven Accessory: glass turntable + metal tray

1. Place cauliflower upside down in a bowl. Add water. Cover and cook on **MEDIUM** power for 10 mins. or until tender. Drain.
2. Melt butter on **HIGH** power for 15-30 secs. Stir in flour and mustard. Cook for a further 20 secs. Add milk gradually. Stir well and season. Cook on **HIGH** power for 2-3 mins. or until sauce is thick and bubbling. Stir once halfway during cooking.
3. Stir in 60 g (4 tbsp) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs.
4. Cook on **Combination: CONVECTION 220°C + WARM power** for 10-15 mins. or until golden brown.

Spicy Potatoes

Serves 4

Ingredients
350 g (12 oz) potatoes
45 ml (3 tbsp) natural yoghurt
10 ml (2 tsp) mango chutney
3 ml (½ tsp) cumin, coriander and
garam masala
3 ml (½ tsp) turmeric
10 ml (2 tsp) fresh coriander
pinch chilli powder
15 g (½ oz) sultanas
salt and pepper

Dish: 1 litre (2 pt) dish
Oven Accessory: glass turntable

1. Cut the potatoes into large cubes and place in a large bowl with 6 tbsp water. Cover and cook on **HIGH** power for 6-8 mins. or until soft. Drain and set aside.
2. Mix the remaining ingredients together. Add the potatoes and mix well. Serve either hot or cold.

Goat's Cheese Tart with Roasted Vegetables

Serves 4

Ingredients
100 g (4 oz) butter
225 g (8 oz) plain flour
50 g (2 oz) finely grated Parmesan
1 red and 1 yellow pepper, diced into 4 cm pieces
2 medium courgettes, sliced
100 g (4 oz) aubergine, diced into 4 cm pieces
15 ml (1 tbsp) olive oil
100 g (4 oz) soft goat's cheese
3 eggs, beaten
75 ml (5 tbsp) creme fraiche or double cream
15 ml (1 tbsp) chopped fresh parsley
salt and pepper

Dish: 23 cm (9") flan tin

Oven Accessory: glass turntable + metal tray

1. Preheat the oven on **CONVECTION 200°C.**
2. Rub the butter into the flour until the mixture resembles fine breadcrumbs. Stir in the parmesan, add 2-3 tbsps cold water and mix to a firm dough.
3. Roll out and line the flan ring. Prick the base with a fork and allow to rest for 15 mins.
4. Cover the pastry with greaseproof, add baking beans and cook on **CONVECTION 200°C** for 10 mins. Remove the paper and beans and cook for a further 5 minutes or until cooked. Allow to cool.
5. Place the prepared vegetables on metal tray and drizzle with olive oil. Cook on **Combination: GRILL 1 + SIMMER power** for 10-12 mins or until lightly browned. Turn halfway during cooking.
6. Place the vegetables in the flan case and dot teaspoons of the goat's cheese around the vegetables.
7. Beat together the eggs and creme fraiche until smooth, add the parsley and seasoning. Pour carefully over the filling.
8. Cook on **Combination: CONVECTION 190°C + WARM power** for 15-20 mins. or until set and lightly browned.

Mushroom Stroganoff

Serves 4

Ingredients
1 large onion
4 sticks of celery
15 ml (1tbsp) olive oil
350 g (12 oz) sliced mushrooms
300 ml (½ pt) water
5 ml (1 tsp) Marmite®
3 ml (½ tsp) thyme
Pinch ground bay leaf
150 ml (¼ pt) sour cream
Seasoning

Dish: 3 litre (6 pt) dish
Oven Accessory: glass turntable

1. Finely chop the onion + celery and place in a bowl with the oil and soften on **HIGH** power for 3-4 mins.
2. Add all other ingredients, except the cream, mix well. Cover and cook on **HIGH** power for 10 mins stirring well. When cooked stir in the sour cream and serve.

Sauces

CONTAINER SIZE
Always use a container or jug at least twice the capacity of the sauce, to avoid boiling over.

COVERING
DO NOT cover sauces when cooking.

STIRRING – IMPORTANT
Sauces/gravy should be thoroughly stirred before, during and after cooking, to avoid any eruptions and to result in a smooth sauce.

REHEATING
Sauces can be made in advance and reheated by microwave. Reheat on HIGH power and stir halfway.

POWER LEVEL
Most sauces require HIGH Power for cooking. Sauces containing eggs should be cooked on SIMMER power.

WOODEN SPOONS
Do not leave wooden spoons in the sauce when cooking. The wood may dry out and burn. NEVER LEAVE metal spoons in the sauce.

White Pouring Sauce

Ingredients
30 g (1 oz) butter
30 g (1 oz) flour
600 ml (1 pt) milk

Dish: 1 litre (2 pt) jug
Oven Accessory: glass turntable

1. Melt butter in jug on **HIGH** power for 20-40 secs.
2. Stir in the flour to make a roux.
3. Add the milk gradually stirring continuously until well combined.
4. Cook for 2 mins. on **HIGH** power. Stir and cook for a further 3 mins. Sauce should be smooth and glossy and coat the back of a spoon.

Variations of White Sauce

Parsley Stir 60 ml (4 tbsp) chopped parsley and 15 ml (1 tbsp) lemon juice into sauce halfway through cooking time.

Onion Cook 1 small onion in the butter for 30 secs. on **HIGH** power before adding the flour and milk.

Cheese Stir in 75 g (3 oz) grated cheese at the end of cooking time.

Custard

Ingredients
30 ml (2 tbsp) custard powder
15 ml (1 tbsp) sugar
600 ml (1 pt) cold milk

Dish: 1 litre (2 pt) jug

Oven Accessory: glass turntable

1. Mix together the custard powder, sugar and a little milk to form a smooth paste.
2. Blend in the remaining milk, whisking well.
3. Cook on **HIGH** power for 4-6 mins. Whisk well halfway through cooking time and again at the end.

Hollandaise Sauce

Ingredients
3 egg yolks
30 ml (2 tbsp) white wine vinegar
100 g (4 oz) chilled, unsalted butter, cut into cubes
pepper

Dish: 1 litre (2 pt) jug

Oven Accessory: glass turntable

1. Place egg yolks and vinegar in a jug. Beat well.
2. Drop cubes of butter on top. Cook on **HIGH** power for 15 secs.
3. Whisk. Cook on **HIGH** power for 10 secs.
4. Whisk again and cook on **HIGH** power for 10 secs. Repeat 10 secs. stages until sauce is thick and creamy.
5. Season and serve immediately with salmon steaks or asparagus spears.

N.B. This sauce must not boil or eggs will curdle.

Pastry

Suetcrust Pastry

Ingredients
225 g (8 oz) self-raising flour
3 ml (1/2 tsp) salt
100 g (4 oz) shredded suet
105 ml (7 tbsp) cold water

1. Mix together flour, salt and suet.
2. Add water and mix to a soft dough. Knead lightly until smooth.

Savoury Potato Plait Serves 4-6

Ingredients
1 small potato, thinly sliced
200 g (7 oz) puff pastry
1 small onion, sliced
small apple, peeled, cored and sliced
salt and pepper to taste
75 g (3 oz) cheese, grated or crumbled, eg. Stilton, Roule etc.
Glaze:
1 egg, beaten

Dish: baking sheet (round)

Oven Accessory: glass turntable + metal tray

1. Cook potato in a shallow dish with 60 ml (4 tbsp) water, covered for 3 mins. on **HIGH** power. Drain.
2. Preheat oven on **CONVECTION 210°C.**
3. Roll out the pastry to an oblong 25 x 27 cm (10 x 11"). Lift onto baking sheet. With a knife, cut each side of the long edges diagonally at 2.5 cm (1") intervals, to give strips which will become plaits.
4. Arrange layers of potato, onion and apple down the centre of the pastry. Season. Sprinkle over the cheese.
5. Brush the pastry strips with beaten egg and fold alternately over the mixture to form a plait.
6. Glaze the complete plait with beaten egg. Cook on **Combination: CONVECTION 220°C + SIMMER power** for 15-20 mins. or until crisp and golden.

Minced Beef and Onion Pie Serves 4

Ingredients
350 g (12 oz) ready made shortcrust pastry
beaten egg to glaze
Filling:
350 g (12 oz) lean minced steak
1 medium onion, chopped
450 ml (¾ pt) hot beef stock
15 ml (1 tbsp) tomato puree
5 ml (1 tsp) yeast extract (Marmite®)
salt and pepper
10 ml (2 tsp) gravy thickening

Dish: large casserole + lid + 20 cm (8") pie plate

Oven Accessory: glass turntable + metal tray

1. Combine all filling ingredients except thickening in casserole dish. Cover and cook on **HIGH** power for 5 mins. then **MEDIUM** power for 15 mins. Mix gravy thickening with water and stir into meat. Leave to cool. Preheat oven on **CONVECTION 210°C**.
2. Roll out half the pastry to fit pie plate. Remove mince with a slotted spoon, reserving gravy for serving and fill pie. Roll out remaining pastry for a lid and place on top of mince, sealing the edges with water. Cut 2 slits in top of pastry and glaze top with egg. Cook on **Combination: CONVECTION 220°C + SIMMER power** for 15-17 mins. or until cooked.

Baked Jam Roly Poly Pudding Serves 4

Ingredients
1 quantity of suet pastry (page 100)
75 ml (5 tbsp) seedless raspberry jam
milk to glaze

Dish: 1 kg (2 lb) loaf dish

Oven Accessory: glass turntable + metal tray

1. Roll out pastry to approx. 23 x 32 cm (9 x 13").
2. Spread the jam over the pastry leaving 1cm (½") border all round. Brush the edges with milk and roll the pastry up evenly, starting at one short side and sealing the edges well.
3. Brush top with milk and place in loaf dish. Preheat oven on **CONVECTION 210°C**. Cook on **Combination: CONVECTION 220°C + SIMMER power** for 15-20 mins. or until golden.

Apple Pie

Serves 4-6

Ingredients
30 ml (2 tbsp) caster sugar
5 ml (1 tsp) cinnamon
30 ml (2 tbsp) sultanas
2 cooking apples, peeled, cored and sliced
15 ml (1 tbsp) lemon juice
350 g (12 oz) shortcrust pastry

Dish: 20 cm (8") pie plate
Oven Accessory: glass turntable + metal tray

1. Preheat oven on **CONVECTION 210°C**
2. Mix together sugar, cinnamon and sultanas.
3. Toss apples in lemon juice. Sprinkle sugar mixture over.
4. Divide pastry in half. Roll out half and line base of plate.
5. Place apple filling on top of pastry. Roll out remainder of pastry and cut to a circle for lid.
6. Seal edges, crimp and brush top with egg. Cancel CONVECTION 210° and cook on **Combination: CONVECTION 220°C + SIMMER power** for 13 mins. or until cooked.

Apple Strudel

Serves 4

Ingredients
600 g (1 lb 5 oz) dessert apples such as Granny Smith's, cored, peeled and roughly chopped
juice of ½ lemon
50 g (2 oz) golden caster sugar
50 g (2 oz) walnuts, roughly chopped
50 g (2 oz) sultanas
5 ml (1 tsp) ground cinnamon
50 g (2 oz) ground almonds
6 sheets filo pastry
50 g (2 oz) butter, melted
icing sugar to serve

Dish: baking sheet (round)
Oven Accessory: glass turntable + metal tray

1. Preheat the oven on **CONVECTION 180°C**.
2. Put the apples and juice into a bowl and toss together.
3. Add the sugar, walnuts, sultanas, cinnamon and almonds and mix together.
4. Take three sheets of filo pastry and brush with melted butter. Place each one with the shortest edge towards you. Overlap the 2nd sheet onto the 1st sheet by 5-6 cms along the long edge and repeat with the 3rd sheet overlapping the second.
5. Place three more sheets of filo on top, in the same way as in step 4.
6. Spread the apple filling along the front edge of the filo pastry just 2.5cms from the edge and 2.5cms from each side.
7. Fold the sides in over the filling and brush with butter. Roll up from the long front edge buttering the final long edge to seal the strudel.
8. Place on baking sheet, seam-side down. Brush with melted butter.
9. Cook on **CONVECTION 180°C** for 30-35 mins.
10. Dust with icing sugar to serve.

Desserts

Christmas Pudding Serves 6-8

Ingredients
1 cooking apple, peeled and grated
1 carrot, peeled and grated
1 orange, juice and grated rind of
400 g (14 oz) mixed dried fruit
45 ml (3 tbsp) brandy
15 ml (1 tbsp) black treacle
50 g (2 oz) self-raising flour
pinch of salt
15 ml (1 tbsp) cocoa
5 ml (1 tsp) mixed spice
3 ml (½ tsp) nutmeg
100 g (4 oz) shredded suet
150 g (5 oz) fresh breadcrumbs
50 g (2 oz) mixed peel
50 g (2 oz) flaked almonds
2 eggs, beaten

Dish: 1.3 litre (2½ pt) pudding basin lightly greased
Oven Accessory: glass turntable

1. Place apple and carrot in a large bowl. Cover and cook on **HIGH** power for 5 mins. Beat well to make a thick puree.
2. Stir in juice, rind and mixed fruit. Cook on **HIGH** power for 2 mins. Stir in brandy and treacle. Stand for 5 mins. Beat in rest of ingredients.
3. Press into the pudding basin. Cover with greaseproof paper and cook on **HIGH** power for 4 mins. Stand for 5 mins. Cook on **HIGH** power for another 2 mins. or until just firm.

N.B. One of the advantages of using your microwave to make this traditional pudding is that it can be made the week before Christmas and stored in a cool dry place. Do not attempt to make the pudding earlier than this, since the flavour will not improve with keeping, unlike a tradionally steamed pudding.

Steamed Suet Sponge Pudding Serves 4

Ingredients
150 g (5 oz) self-raising flour
pinch of salt
50 g (2 oz) caster sugar
50 g (2 oz) suet
1 egg
150 ml (¼ pt) milk
30 ml (2 tbsp) jam or golden syrup
Optional: Add 1 tbsp of sultanas.

Dish: 1 litre (2 pt) pudding basin
Oven Accessory: glass turntable

1. In a mixing bowl, sift together the flour and salt. Stir in sugar and suet.
2. Make a well in the centre and add beaten egg and milk. Mix to a soft dropping consistency.
3. Put the jam in the base of the greased pudding basin and pour pudding mixture over. Cook on **HIGH** power for 5-5½ mins. until firm.

Plum & Oat Layer Makes 8 slices

Ingredients
100 g (4 oz) butter or margarine
50 g (2 oz) light brown sugar
30 ml (2 tbsp) golden syrup
225 g (8 oz) rolled oats
450 g (1 lb) plums, stoned and thinly sliced
5 ml (1 tsp) ground cinnamon

Dish: 20 cm (8") ceramic flan dish
Oven Accessory: glass turntable + metal tray

1. Place the butter, sugar and syrup in a bowl. Cook on **HIGH** power for 1-2 mins. or until melted. Stir in the rolled oats.
2. Spread half the oat mixture into the dish. Arrange the plums over the top in overlapping rows and sprinkle with cinnamon.
3. Sprinkle the remaining oat mixture over the plums and gently press down.
4. Cook on **Combination: CONVECTION 220°C + LOW power** for 8-10 mins. or until the mixture is firm and golden brown.
5. Cut into slices while hot, then allow to cool in the dish.

Chocolate Saucy Pudding with toffee sauce

Ingredients
Pudding:
75 g (3 oz) plain chocolate
30 ml (2 tbsp) milk
175 g (6 oz) margarine
175 g (6 oz) light muscovado sugar
2 eggs
175 g (6 oz) fresh white breadcrumbs
30 ml (2 tbsp) cocoa powder
Sauce:
225 g (8 oz) vanilla flavoured toffees
150 ml (¼ pt) milk
15 g (½ oz) butter

Dish: 1.2 litre (2 pt) pudding basin
Oven Accessory: glass turntable

1. Line the base of a 1.2 litre (2 pt) pudding basin with a circle of greaseproof paper.
2. Melt the chocolate with the milk on **HIGH** power for 1 min. and mix until smooth.
3. Mix the margarine and sugar together, add the cooled chocolate and eggs.
4. Add the breadcrumbs and cocoa powder and mix well. Fill the basin with the mixture and cook on **HIGH** power for 6-7 mins. or until cooked. Leave to stand for 5 mins. before turning out.
5. Meanwhile, prepare the sauce by combining all ingredients in a large jug and cook on **HIGH** power for 2-3 mins. or until smooth. Stir vigorously and pour over the pudding.

Bread and Butter Pudding Serves 4

Ingredients
6 slices of bread, buttered and cut in half diagonally
75 g (3 oz) mixed dried fruit
450 ml (¾ pt) milk
3 eggs
25 g (1 oz) caster sugar
3 ml (½ tsp) nutmeg

Dish: 20 x 25 cm (8 x 10") oblong, greased dish
Oven Accessory: glass turntable + metal tray

1. Arrange the bread and fruit in the prepared dish.
2. Warm the milk for 3 mins. on **MEDIUM** power but do not allow to boil.
3. Beat together the eggs and sugar, add the milk, stirring well.
4. Pour the mixture over the bread, sprinkle with nutmeg and leave to stand for 15 mins. Cook on **Combination: CONVECTION 190°C + SIMMER power** for 18-20 mins. or until set and browned.

Baked Apples Serves 4

Ingredients
4 medium sized apples
30 ml (2 tbsp) sugar
25-50 g (1-2 oz) mixed dried fruit
25 g (1 oz) butter

Dish: 20 cm (8") shallow dish
Oven Accessory: glass turntable

1. Core the apples and score the skin around the middle.
2. Mix together the sugar and fruit and fill the centres of the apples.
3. Dot the top with butter. Stand the apples in a suitable dish and cook on **HIGH** power for 5½-7 mins. Stand for 5 mins. before serving.

N.B. The apples will look quite green when removed from the oven, but they should feel slightly soft when tested with a sharp knife. During the standing time, the colour will become dull and the apples will be tender. The apples will overcook very easily, so take care to undercook slightly. For 1 baked apple cook for 2-3 mins. For 2 baked apples cook for 3-5 mins.

Baking Guidelines

COVERING

For traditional cakes, with long cooking times, baked on convection mode only, it is necessary to cover the top of the tin with foil 10-15 mins. after the start of baking. This is not applicable to any of the recipes in this section.

DISH SIZE/SHAPE

Always use the exact dish size stated in the following recipes, otherwise cooking times and results will be affected.

MIXING/BEATING

Cakes cooked by microwave need to be well mixed, but not over beaten. Generally it is unnecessary to cream butter and sugar or beat eggs in an electric mixer or food processor. Do not attempt to cook whisked/fatless sponges, or any cakes containing whisked egg white.

EGGS

The following recipes have been tested using medium eggs. Using a different size of egg may affect cooking times.

COMBINATION COOKING.

DO NOT use spring form tins, use smooth, and preferably seamless metal cake tins.

Luscious Chocolate Brownies

Ingredients

125 g (4 oz) butter
200 g (7 oz) dark chocolate (72% cocoa solids)
175 g (6 oz) soft brown muscovado sugar
2 eggs, beaten
Few drops of vanilla essence
50 g (2 oz) plain flour
5 ml (1 tsp) baking powder

Dish: 18 cm (7") square dish, lined

Oven Accessory: glass turntable + metal tray

1. Melt the butter with 50 g of the chocolate in a bowl on **MEDIUM** power for 1 minute 30 seconds.
2. Put the eggs, sugar and vanilla essence in a bowl, then sift in the flour and baking powder.
3. Stir in the melted chocolate and butter mixture and mix well.
4. Chop the remaining chocolate into rough chunks and stir into the brownie mixture.
5. Spoon into the dish, spread evenly and cook on metal tray, **Combination: CONVECTION 220°C + SIMMER** power for 9 minutes until firm.

Fairy Cakes Makes 24

Ingredients
170g (6oz) butter
170g (6oz) caster sugar
3 eggs, beaten
170g (6oz) plain flour
7g (1 tsp) baking powder

Optional decoration
Glacé icing
250g (8oz) icing sugar
30ml (2 tbsp) warm water

Dish: 2 x 12 hole bun tins 313mm x 236mm x 13mm (12 5/16 " x 9 5/16 ") + 24 paper cake cases
Oven Accessory: glass turntable + metal tray

1. Preheat oven on **CONVECTION 150°C** with metal tray.
2. Cream together butter and sugar until light and fluffy.
3. Add the eggs a little at a time, beating well after each addition.
4. Fold in the flour and baking powder.
5. Fill the paper cases two thirds full with mixture. Cook in 2 batches.
6. Cook on **CONVECTION 150°C** for 25 min. Allow to cool.
7. For glace icing, sift icing sugar into a bowl. Gradually add the warm water until smooth. Spread a little over each cake.

Variation:

Add 75g (3oz) sultanas or 75g (3oz) chocolate chips in with the flour and cook as above.

Streusel Topped Fruit Muffins Makes 12

Ingredients
Streusel Topping
50g (2oz) butter
75g (3oz) plain flour
30ml (2tbsp) granulated sugar
15ml (1 tbsp) ground mixed spice

Muffins
225 g (8 oz) plain flour
10 ml (2 tsp) baking powder
150 g (6 oz) caster sugar
2.5 ml (1/2 tsp) salt
finely grated rind of 1/2 lemon
175g (6oz) fresh or frozen berries, raspberries or blueberries are ideal
75g (3oz) butter
110 ml (6 fl oz) buttermilk
1 egg, lightly beaten
2.5 ml (1/2 tsp) vanilla essence

Dish: 2 x 6 hole muffin tin + 12 paper muffin cases
Oven Accessory: glass turntable + metal tray

1. Melt the butter on **HIGH** power for 10-20 seconds. Combine the streusel topping ingredients to make a soft dough and reserve. Chill.
2. Sift together the flour, baking powder, sugar and salt. Add the lemon rind and the fruit.
3. Melt the butter on **HIGH** power for 30 seconds - 1 minute, mix in the buttermilk, egg and vanilla essence. Lightly stir in the flour mixture and divide between 12 muffin cases.
4. Crumble small amounts of streusel topping over each muffin and cook in two batches in preheated oven on **CONVECTION 180°C** for 22 minutes, until browned and well risen. Turn tin half way during baking.

Lemon and Raisin Flapjacks

Ingredients
75 g (3 oz) self-raising flour
75 g (3 oz) porridge oats
50 g (2 oz) dark muscovado sugar
75 g (3 oz) butter
For the Topping:
25 g (1 oz) butter
3 eggs, beaten
175 g (6 oz) light muscovado sugar
150 g (5 oz) raisins
75 g (3 oz) dessicated coconut
1 lemon, grated rind plus 30 ml juice

Dish: 21 cm x 23 cm (8" x 9") Pyrex® dish, greased

Oven Accessory: glass turntable + metal tray

1. Place the flour, oats and sugar in a bowl and rub in the butter. Press the mixture into the greased dish and press until smooth.
2. Cook on **HIGH** power for 3 mins. or until firm. Allow to cool.
3. Place the butter in a small bowl and cook on **HIGH** power for 30 - 60 seconds or until melted.
4. Mix all the topping ingredients together.
5. Pour over the base and cook on **Combination: CONVECTION 220°C + SIMMER power** for 8 - 9 minutes or until firm and golden brown. Divide into equal pieces and allow to cool.

Fruit Scones — Makes 12

Ingredients
225 g (8 oz) self-raising flour
pinch salt
5 ml (1 tsp) baking powder
50 g (2 oz) butter
25 g (1 oz) caster sugar
50 g (2 oz) sultanas
100 ml (3½ fl oz) milk
beaten egg to glaze

Dish: baking sheet (round)

Oven Accessory: glass turntable + metal tray

1. Preheat oven on **CONVECTION 210°C**
2. Sift the flour, salt and baking powder together. Rub in fat until the mixture resembles fine breadcrumbs. Add sugar and sultanas.
3. Make a well in the centre and stir in enough milk to form a soft dough.
4. Knead lightly. Pat out to 2cm (¾") thick and cut into 10 rounds with a 5 cm (2") cutter. Place on baking sheet, brush with beaten egg and cook on **CONVECTION 210°C** for 13-15 mins. or until well risen and golden brown.

Preserves

STERILIZING JARS

Jam jars can be sterilized by microwave ready for your jams. Half fill with water and heat them on HIGH power until water boils (approx. 3 mins. for 2 jars). Empty and drain upside down on kitchen paper. The jars should be warm when filled with jam.

If you wish to cook larger quantities than given in the recipes below, revert to the traditional hob method, using a traditional recipe.

DISH SIZE

Always use a very large pyrex bowl. DO NOT attempt to use jam pans or saucepans in your microwave.

DO NOT LEAVE JAMS UNATTENDED DURING COOKING BECAUSE OF THE HIGH SUGAR CONTENT.

COVERING

Do not cover preserves whilst cooking, apart from if recommended in the recipe.

WE DO NOT RECOMMEND THAT YOU USE YOUR MICROWAVE TO STERILISE BABIES' BOTTLES.

(See details on page 48)

DO NOT SEAL PRESERVING JARS IN YOUR MICROWAVE.

SETTING POINT

To determine whether setting point is reached, place a couple of drops of jam or marmalade on a cold saucer (put one in the fridge whilst making the jam). Leave to cool. The jam should wrinkle on the surface when your finger pushes across the top.

Soft Fruit Jam Makes approx. 1½ lbs jam

Ingredients
450 g (1 lb) soft fruit, washed
450 g (1 lb) caster sugar
30 ml (2 tbsp) lemon juice
5 ml (1 tsp) butter

Dish: large bowl
Oven Accessory: glass turntable

1. Place all ingredients in a large bowl and stir. Cook on **HIGH** power for 5 mins. (10-15 mins. if using frozen fruit), stirring frequently. Continue to cook in one minute intervals until sugar has dissolved.
2. Wash down any sugar crystals from around the bowl.
3. Bring mixture to the boil and continue to cook until setting point is reached – approx. 15-25 mins. Test regularly for setting point.

Orange Marmalade

Makes 1½-2 lbs

Ingredients
450 g (1 lb) seville oranges
1 lemon
900 ml (1½pts) water
450 g (1 lb) sugar
knob of butter

Dish: large bowl
Oven Accessory: glass turntable

1. Grate oranges and lemon ensuring all the pith is left on the fruit.
2. Place the peeled fruit in a food processor and chop until the pips are broken.
3. Place the chopped mixture in a large bowl and pour over boiling water. Cover and cook on **HIGH** power for 10 mins.
4. Strain the mixture through a sieve into another large bowl pressing the pulp well until all the juice is extracted. Discard the pulp.
5. Stir the shredded rind into the hot juice and cook uncovered on **HIGH** power for 10 mins. until rind is tender, stirring occasionally. Stir in the sugar until dissolved.
7. Cook on **HIGH** for 8 mins covered. Stir in the butter and cook to setting point 4-6 mins.
8. Leave to stand for 10 mins then pour into warmed sterilized jars.

Lemon Curd

Makes 2 lbs

Ingredients
4 lemons, grated rind and juice of
450 g (1 lb) caster sugar
4 eggs, beaten
100 g (4 oz) butter

Dish: large bowl
Oven Accessory: glass turntable

1. Place all ingredients in bowl. Mix well.
2. Cook on **HIGH** power for 1 min. Stir. Continue to cook in 1 minute stages until mixture starts to thicken, then cook for 30 secs. at a time until mixture coats back of spoon. (The eggs will curdle if overcooked).
3. The mixture will thicken on cooling. Pot into warm jars. Cover with a circle of waxed paper and a jam pot cover.

Questions and Answers

Q My microwave oven causes interference with my TV, is this normal?

A Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.

Q My oven has an odour and generates smoke when using the CONVECTION, COMBINATION and GRILL function. Why?

A It is essential that your oven is wiped out regularly particularly after cooking by COMBINATION or GRILL. Any fat and grease that builds up will begin to smoke if not cleaned.

Q Sometimes warm air comes from the oven vents. Why?

A The heat given off from the cooking food warms the air in the oven cavity. This warmed air is carried out of the oven by the air flow pattern in the oven. There isn't an airtight seal to the air therefore steam can escape. There are no microwaves in the air, or steam. The oven vents should never be blocked during cooking.

Technical Specifications

Rated Voltage:	230-240 V 50 Hz
Operating Frequency:	2,450 MHz
Input Power:	Max 2390 W
	Microwave 1180 W
	Grill 1380 W
	Convection 1390 W
Output Power:	1000 W (IEC-60705)
	Grill 1300 W
	Convection 1300 W
Outer Dimensions:	510 mm (W) x 390 mm (D) x 305 mm (H)
Oven Cavity Dimensions:	359 mm (W) x 352 mm (D) x 217 mm (H)
Weight:	with internal accessories 13 kg

Weight and Dimensions are approximate.

This product is an equipment that fulfills the European standard for EMC disturbances (EMC = Electromagnetic Compatibility) EN 55011. According to this standard this product is an equipment of group 2, class B and is within required limits. Group 2 means that radio-frequency energy is intentionally generated in the form of electromagnetic radiation for warming up of foods. Class B means that this product may be used in normal household areas.

Information on Disposal for Users of Waste Electrical & Electronic Equipment (private households)

This symbol on the products and/or accompanying documents means that used electrical and electronic products should not be mixed with general household waste.
For proper treatment, recovery and recycling, please take these products to designated collection points, where they will be accepted on a free of charge basis. Alternatively, in some countries you may be able to return your products to your local retailer upon the purchase of an equivalent new product.
Disposing of this product correctly will help to save valuable resources and prevent any potential negative effects on human health and the environment which could otherwise arise from inappropriate waste handling. Please contact your local authority for further details of your nearest designated collection point.
Penalties may be applicable for incorrect disposal of this waste, in accordance with national legislation.

For business users in the European Union
If you wish to discard electrical and electronic equipment, please contact your dealer or supplier for further information.

Information on Disposal in other Countries outside the European Union
This symbol is only valid in the European Union.
If you wish to discard this product, please contact your local authorities or dealer and ask for the correct method of disposal.

For COOKERY ADVICE call:

01344 862108

Monday - Friday 9:30 am - 1 pm, 2- 5 pm

Home Economists will provide friendly guidance on queries relating to recipes and cooking in your microwave.

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